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Why pick on Portugal?

The reality this week is that Portugal is on the verge of a bail-out from the EU and the IMF. The market, instead of easing the pressure on European economies, has shifted its focus onto Portugal. (See Page 4)

British Ambassador given top Foreign Office job

Mr. Alexander Ellis this week confirmed a return to London and that he would be ceasing his duties as British Ambassador to Portugal, roughly six months ahead of schedule. (See Page 6)

Invisibility one step closer

Harry Potter's 'invisibility cloak' has moved a step closer to reality thanks to European Commission funded nanotechnology research. (See Page 9)

Madeira marvellous from the air

Portugal's Funchal Airport, on the autonomous island of Madeira, was voted sixth on a list of the top-10 'most stunning aerial approaches', compiled by private jet hire network PrivateFly.com. (See Page 16)

Costa da la Luz shining brighter

Economic woes both sides of the Guadiana are well-documented and need no repeating. But as more and more Spanish registered cars head west to 'explore' some of Portugal's hidden and not-so-hidden treasures, cash-conscious residents in the Algarve are also getting a taste for paella and all-things Spanish across the border. (See Page 63)

Weekend weather

Lisbon: It will be especially cold this coming week as a cold front moving in from northern Spain is set to make its presence felt. There will also be a chance of rain for Monday. **Algarve:** The Algarve will be cold and wet for much of next week, with minimums falling to just above freezing. **North:** Not much rain is forecast for next week, but the north will bear the brunt of the cold front with maximum temperatures set to stay in single figures in Oporto for much of next week.

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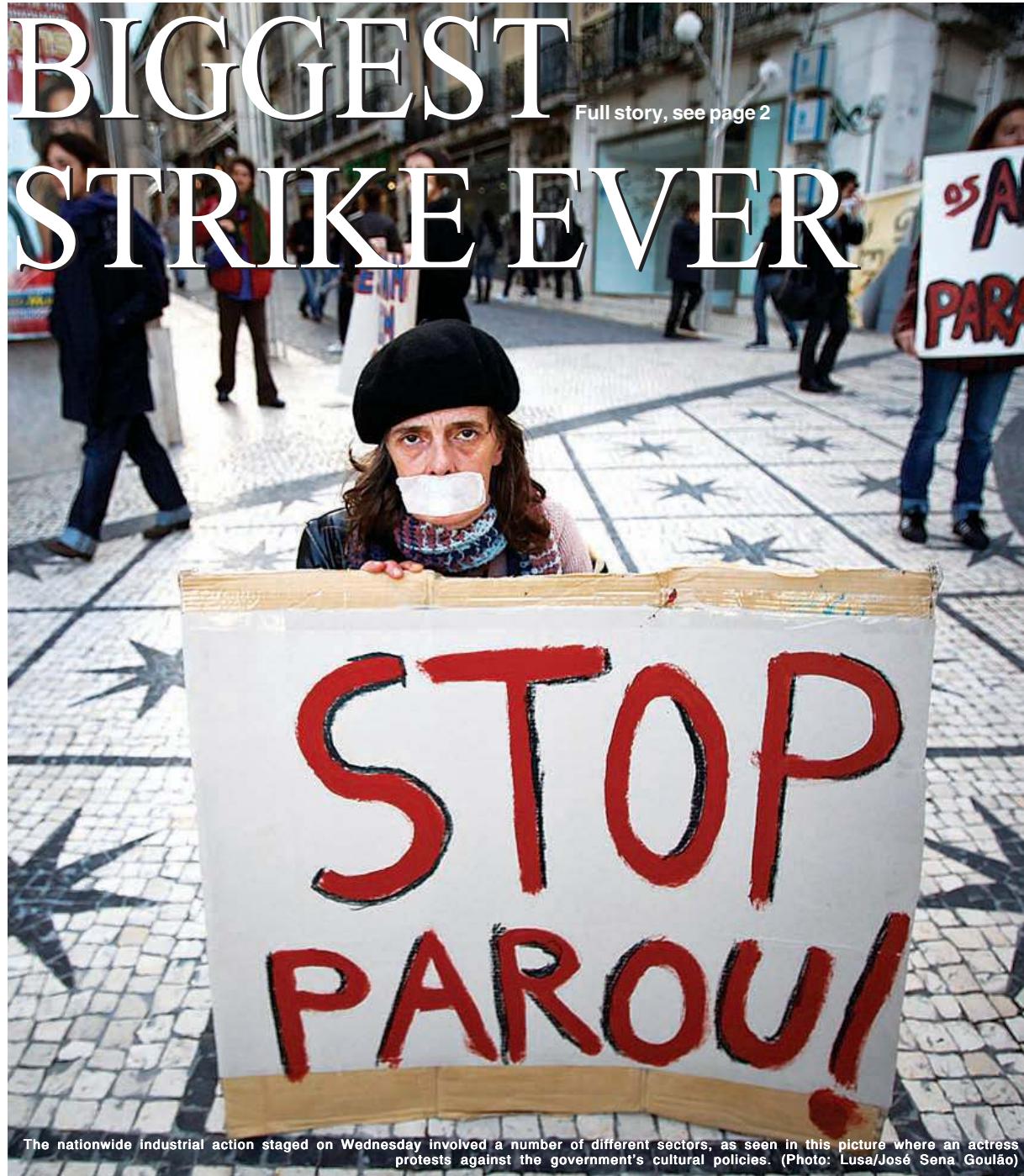
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Workers stage mass stay-away as cost to economy eats a fifth of planned savings from austerity measures



Full story, see page 2

The nationwide industrial action staged on Wednesday involved a number of different sectors, as seen in this picture where an actress protests against the government's cultural policies. (Photo: Lusa/José SENA Goulão)



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Biggest strike ever



Brendan de Beer and Carrie-Marie Bratley



Faro Airport was uncharacteristically quiet on Wednesday when services ground to a halt and airline desks closed as all flights were cancelled. (Photo: The Portugal News/Carrie-Marie Bratley)

More than three million workers laid down their tools on Wednesday as the biggest industrial action ever witnessed in Portugal ground the country to a halt. Aimed at protesting the government's austerity measures, with wage cuts topping workers' list of complaints, schools, hospitals and public transport terminals were managed by skeleton staff as union leaders revelled in the unprecedented success of the one-day strike.

The first joint strike staged by the country's two most influential trade unions was on Wednesday evening termed the biggest in history, as "over three million of the country's four million workers" laid down their tools.

The government contested the figures presented by the CGTP and the UGT trade unions, who boast to cover most of the country's civil servants, though Lisbon opted not to present complete figures of their own.

Wednesday was the first occasion unions had joined forces since 1988 - the last occasion Portugal recorded a general strike, which was staged at the time to protest new labour legislation.

Leading up to the strike, UGT leader João Proença said the action was "fair and fundamental in changing government policy".

"Government policies will have a negative impact on employment. We need policies that give preference to increasing employment", explained Mr. Proença.

The UGT leader also stressed that the "budget deficit cannot be the first, second and third priority in Portugal".

Silent in the wake of the action, the Finance Minister was adamant in the days leading up to the strike that nothing, if anything, could be done to appease disgruntled workers.

"I believe there is no need to be agitated about the general strike. Trade unions have called it, they have a right to do so, but that won't change the government's mind about what needs to be done", Teixeira dos Santos

said recently.

"The country's financing capacity is at stake" he said, adding that fiscal consolidation will be "harsh and demanding" but it needs to be done, or "the nation's situation will be much worse than people imagine".

"In 2011, Portugal's growth will be lower than in 2010, both due to the tenuous recovery in the global economy - especially within [Portugal's] main trading partners - and to the impact of the additional fiscal restraint measures", the minister argued.

The initial cost of the strike has been set at well over €500 million to the economy, which is just under 20% of the value the government is seeking to save from its austerity budget approved this week.

Meanwhile, those hardest hit by Wednesday's action, which unions are already promising more of, were commuters attempting to travel to work in major metropolitan areas such as Lisbon and Oporto.

In the capital, the underground was shut down, a situation which was mirrored in Oporto.

Only scheduled flights to the Portuguese island regions of Madeira and the Azores took off, though air traffic controllers did arrive for work in order to guide planes flying through Portuguese airspace.

At Faro Airport, hundreds of displeased tourists were put out by the strike.

A group of German passengers who had been scheduled to travel on a 12:50pm Air Berlin flight to the German capital were awaiting

ing coaches, organised to transfer them to Seville, where some of the incoming aircraft had been diverted.

The same procedure was applied to other Air Berlin passengers travelling on flights that day to Düsseldorf and Majorca.

But despite having had alternative transport arranged to ensure flights to get home, the German groups were still facing lengthy delays on arrival times of around five hours.

One lady told *The Portugal News* she was "astonished" by the situation, while another said she was "very upset" at arriving back in Germany at a much later time, as she was longing to see her children.

Ryanair passengers appeared to be more angered seeing all flights on Wednesday, cancelled which included destinations such as London Stansted, Gatwick, Dublin, Glasgow, Liverpool and Frankfurt.

According to passengers no compensation or support had been offered by the airline. Unfounded rumours that rival low-cost airline easyJet was footing hotel bills for disrupted passengers did nothing to ease the antagonism.

Melanie Jarvis, a passenger due to have travelled on a Ryanair flight to Stansted on Wednesday morning, told *The Portugal News* "I'm gutted - we've had no help whatsoever."

Mrs. Jarvis, who was travelling with two young children, only found out about the strike

after arriving at the airport.

"If we were sent an email to warn us I didn't check it because we're on holiday - you don't check your emails all the time, do you?"

She was told by the airline's representatives at the airport that she would have to change her booking to the next available flight, at her own expense.

"The next flight's not until Friday so it looks like we're going to have to stay here, at our own expense, and pay ourselves for our tickets to return home. We've got jobs to get back to, school... I don't know what to do next."

Mrs. Jarvis summed up her opinion of the action by vowing "I'm never coming here again."

On Monday, Ryanair issued a statement slamming the strike and appealing for the 'right to strike' to be removed from all national air traffic controllers.

"So far Ryanair has been forced to cancel more than 2,000 flights and delay more than 12,000, causing disruption to more than 2.5 million passengers, as a direct result of strikes carried out by Belgian, French, Spanish and now Portuguese controllers."

Ryanair was forced to cancel more than 60 of its flights on Wednesday.

In a statement sent to *The Portugal News*, the airline's spokesperson Daniel de Carvalho stressed: "The European Commission must act now to end this chaos caused by air traffic controllers."

Cold front to cover Portugal this weekend

Thermometers are expected to plummet as a cold front inbound from Scandinavia covers mainland Portugal from today (Friday, 26 November), and is expected to last for an "exceptional" five days.

While chilly temperatures are predicted for the mainland, the island of Madeira has been placed on 'orange alert' as heavy rainfall is expected also as a consequence of the polar front.

Geographer Mário Marques

has described the forecast, which is expected to last five days and will also see snow fall at lower altitudes, as "exceptional."

"The cold is already starting to be felt in central Europe, as it comes down from Scandinavia, and it is on its way to Portugal, from the East", Mr. Marques explained.

Temperatures are expected to be four to five degrees colder than the normal average for this time of year.

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Is Portugal next in line for a bailout?

 Brendan de Beer

But the markets were not convinced, neither were the analysts following the rescue deal for the Irish economy and severe austerity measures unveiled in Dublin on Wednesday afternoon, yields on ten-year bonds on Portugal had reached record highs.

Thirty-four out of 50 analysts contacted by Reuters said in a poll published on Wednesday, Portugal would be forced to seek outside financial help, with four also saying Spain would eventually have to be bailed out.

"The cost of funding has gone to prohibitive levels for Portugal - it is impossible to think they could continue to roll over their debt next year if (market) interest rates remain where they are now," Silvio Peruzzo, an economist at RBS told Reuters.

But the Prime Minister remained firm in his stance that Portugal would withstand the onslaught of the markets.

"I see a lot of people who think that by talking a lot about the IMF that they can somehow contribute towards the country seeking some sort of help. But when all is said and done, they are confusing their desires with the reality. The country needs no help," insisted José Sócrates.

Challenging the view of analysts that growth in Portugal has and will continue to be tenuous, the Prime Minister retorted.

"All objective reasoning points in the opposite direction,

As economic analysts speculated this week whether Portugal would need an EU/IMF bailout, the Lisbon government and the EU were going to great lengths to explain Portugal could ably deal with its sovereign debt without any external help.

especially when in 2009, Portugal was one of the economies that best resisted the crisis (the economy reported negative growth of 2.5% as opposed to the EU average of -4%). Whereas from January to September, the country registered year-on-year growth of 1.8%", argued Mr. Sócrates.

Referring to the fact that every Portuguese taxpayer will be supporting the Irish bailout with €140 (or €1.5 billion in total), the Prime Minister responded that the government did not give Ireland a hand-out, instead he said it had "invested" in the country.

"There has been no help given to Ireland, nor has there been any given to Greece, because it is an investment as the European Fund buys the debt of these countries. As a result, when debt is purchased, an investment is being made in these countries which in turn have to pay interest", justified the Prime Minister.

To Portugal's defence also came the respective presidents of the European Commission and the European Council.

"It's useless to speak about countries that may or may not be at risk", Durão Barroso told the European Parliament in Strasbourg this week, adding: "Some

countries outside the euro area have exactly the same problems. Things would be much worse if we didn't have the euro."

European Council president Herman Van Rompuy meanwhile said Portugal cannot be compared with Ireland, and any attempts to do so were "irrational".

"Portugal doesn't have a real estate bubble, its financial sector isn't too large for its economy and its banks are well capitalised", Van Rompuy told EMPS.

In the meantime, and should these views prove to be off the mark, a bailout of the Portuguese economy has been estimated at €34 billion (or 20% of Portugal's GDP), well below the €90 billion that will be handed to Dublin and the €110 billion being channelled to Athens.

Meanwhile, Parliament approved the Socialist government's austerity budget this week which was forced through with the abstention of the opposition Social Democrats.

The 2011 budget includes a series of public wage cuts that vary between 5% and 10%, pension freezes and tax increases in order to trim the public deficit from 7.3% to 4.6% of GDP in 2011.

The deficit for 2009 was fixed at 9.3%.

comment.

Why pick on Portugal?

 Brendan de Beer

The reality this week is that Portugal is on the verge of a bail-out from the EU and the IMF. The market, instead of easing the pressure on European economies, has shifted its focus onto Portugal. No matter the merits or the fairness of this seemingly well-orchestrated attack, there is nowhere to hide now. Just days ago, the Irish Prime Minister went to great lengths to disassociate Dublin from Athens, refusing the need for a bail-out. We all know what happened over the weekend.

This week, with the Irish grappling with the partial loss of its hard-fought economic and political sovereignty, Portugal, while admitting to obvious financial hardship, said its problems bore little if any resemblance to those in Ireland.

More disturbingly perhaps was the Spanish Economy Minister, realising Madrid was on the speculators' hit-list too and sensing the imminence of a bail-out across its western border, opted not to distance itself from Ireland, but from its Iberian neighbour.

The problem, it seems, centres on yields levied on national bonds and little else. Meanwhile, Parliament approved the Socialist government's austerity budget this week which was forced through with the abstention of the opposition Social Democrats.

While 10-year Greek bonds are the highest in the euro region at 11.5%, they are followed with 8.3% in Ireland, which has been shrinking slightly since news of the Dublin bail-out emerged.

Portugal is next in line.

Ten-year bonds have been ebbing and flowing around the benchmark 7% figure. The government here has quietly suggested that should yields remain consistently above this figure, a bail-out would be required.

For the record, the numbers for Spain and Italy sit at 4.58% and 4.18%, respectively.

But this all seems rather unfair on a country that has maintained relatively good economic practices and refused to allow civil servants to dominate the nation's economy as has been the case elsewhere in Europe. Even this past Wednesday's industrial action was greeted with a passive shrug of the shoulders from the government, that has annoyed trade unions no end.

Taking into consideration toxic assets, budget deficits, unemployment rates, debt ratios, retirement age of civil servants and even economic growth, Portugal should be nowhere near the dilemma it is currently facing.

After finally deciphering Greece's accounts, whose books seemingly spent more time in the kitchen than at the accountant's, the EU said last week its budget deficit now stood at 15.4% of its GDP.

The figure in Ireland sits at 14.4% (it will be 32% by the end of the year when the debt it incurred bailing out its banks is taken into consideration).

Ireland is followed by Britain (11.4%), Spain (11.1%), Latvia (10.2%) and then, in single digits, comes Portugal, which stands on 9.3%.

In effect, Portugal's budget deficit in monetary terms at the end of 2009, according to Eurostat, was 15.7 billion euros, ten times less than in the UK and 90 billion less than in Spain. So why are the markets scared of

Portugal's debt when what it owes is but a drop in the big EU ocean of deficits?

Similarly when assessing debt ratios in the EU, Portugal recorded a figure of 76.1%, behind, you guessed it, Greece (126.8%), Italy (116.0%), Belgium (96.2%), Hungary (78.4%) and France (78.1%).

Even unemployment figures show that Portugal has every right to feel aggrieved.

Madrid says there is no comparison with Portugal. Perhaps they're right. Currently, more than one in every five Spanish workers is sitting at home, depleting the coffers of its social security system.

The astronomically high rate in Spain is almost eclipsed in Latvia, where 19.4% of its workers are queuing up at dole centres.

Portugal, according to figures for July 2010, sits just above the halfway mark for EU nations, with a figure of 10.6%.

More striking, is that this figure has remained relatively unchanged the past nine months, suggesting perhaps that while no new jobs are being created, there aren't many being lost.

In the meantime, it is well documented that the Irish success story was built on property.

But homes in Ireland have lost 36% of their value since the peak in 2006 (according to the permanent TSB/ESRI house price index) while in Portugal, the Office of National Statistics says house prices have remained relatively unchanged over the same period, while they only dropped by 0.94% during the second quarter of 2010, having climbed 1.56% during the first three months of the year.

While bad debt from property developers has sunk the Irish economy, banks here in Portugal can boast of having very few, if any toxic assets.

Portuguese banks are amongst the safest in Europe, as the past two years of the crisis has shown, and all deposits of private individuals are secured up to €50,000 per account.

Quarterly profits, released at the end of October, showed Portuguese banks were raking in €4 million a day, hardly a concern of them not meeting their responsibilities.

Furthermore, the Portuguese economy has also reported growth every quarter so far this year, unlike Greece and Ireland.

The government's somewhat belated introduction of unpopular austerity measures and spending cuts is expected to bring the deficit down to around 7% in 2011. While this cost-saving will probably result in negative growth during the first two quarters of 2011, hopes are the country will emerge with its finances firmly consolidated by the end of the summer of 2011.

Based on the above, and while I am no economist, it beggars belief as to why Portugal is being so heavily targeted when there are a host of examples of other economies failing, and whose risk of defaulting on their spiralling debt has to be much higher than in Portugal.

In the meantime, every Portuguese taxpayer can wave goodbye to €140 as Portugal prepares to 'loan' Ireland more than a billion euros to help it back on track - not bad for a country supposedly on the brink of bankruptcy.

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British Ambassador given top Foreign Office job



His Excellency, Alexander Ellis, the Portuguese Ambassador

EU welcomes recovery in tourism sector

Speaking at the European Tourism Forum in Malta this week, European Commission Vice President Antonio Tajani welcomed recent data on the impressive recovery of Europe's tourism industry as a sign of Europe's overall economic recovery.

The theme of the forum, 'Strengthening Europe's Role as the Leading Tourism Destination', reflects the same optimism.

To maintain growth, the development of sustainable, responsible and high quality tourism must be encouraged across Europe, the forum found. Exciting new opportunities must be seized if Europe is to keep its position as the world's leading tourist destination.

European Commission Vice-President Antonio Tajani, Commissioner for Industry and Entrepreneurship said; "Europe is the world's leading tourist destination and we must keep it this way. New emerging markets,

such as Brazil, Russia, India and China, can offer an opportunity for Europe to maintain its growth rate, as the tourism industry can play a role in alleviating the effects of the crisis. We are discussing a plan to successfully implement Europe's tourism strategy. It is a clear roadmap for developing key actions such as the European Tourism Observatory, the Platform on Tourism and ICT and the European Quality Brand."

Tourism is estimated to generate over 5% of the EU's GDP and provide jobs for around 10 million people.

To continue its growth, Europe's tourism industry must look to the promising emerging markets of the BRIC countries, with China a prominent example.

Although in absolute terms North America is still by far the largest market in terms of incoming tourists to Europe, followed by Japan and Russia, China has the greatest potential, with a population of just over 1.3 billion

and a growth rate of tourism expenditure concerning outbound tourism of 21% (UNWTO 2009).

To seize the opportunities of new markets and strengthen its leading position, Europe as a destination must prove that it can combine high quality with sustainability.

The latest figures from Eurostat regarding international arrivals in 2010 indicate that the recovery of the tourism sector is underway, despite having faced problems such as the eruption of the Icelandic volcano.

A comparison of the first six months of 2009 and 2010 demonstrate an increase in arrivals of 9% from North America, 8% from Japan, 18% from the Russian Federation, 19% from China and an impressive 46% from Brazil.

Furthermore, occupancy rates in Europe are up 5.4% in the third quarter of this year and industry figures have improved in every sub-region.



Mr. Alexander Ellis this week confirmed a return to London and that he would be ceasing his duties as British Ambassador to Portugal, roughly six months ahead of schedule.

Appointed Ambassador in September 2007, the Embassy in Lisbon announced on Wednesday that Mr. Alexander Ellis would be leaving for London shortly before Christmas after being appointed Director of Strategy at the Foreign and Commonwealth Office.

In July, the British Ambassador told **The Portugal News** of the strong possibility of exchanging Lisbon for London in the coming months.

"I think if I stay in the Foreign Office, it is likely that I will be

going back to London. I have been abroad for most of my career, and you can't get away with that forever", Mr. Ellis said, but added: "It will be a great wrench to leave Portugal."

Mr. Ellis was previously posted to Portugal between 1992 and 1996.

Between 2005 and 2007 he was an adviser to the President of the European Commission (Durão Barroso) on energy, climate change, competition, development, trade and strategy.

Prior to that, he worked on EU and economic issues in Madrid in the British Embassy; in London as head of the Foreign Office's team for the negotiations of the 2004 EU enlargement, as well as EU/Turkey relations; in Brussels in the UK Representation to the EU working on the negotia-

tions to establish the euro, the seven year budget, then institutional issues including the Treaty of Nice; and in Lisbon as a junior member of the political team in the British Embassy.

He started his Foreign Office career as part of the team supporting the transition to multi-party democracy in South Africa, following the release of Nelson Mandela.

Before joining the Foreign Office, Alex Ellis had taught in the UK and India. Alex Ellis is married to Maria Teresa Adegas and they have one son.

As from the beginning of January, Mr. Ellis will be replaced in the interim by Deputy Head of Mission Joanna Kuenssberg O'Sullivan until the procedure of nominating a new ambassador has been concluded.

Number with HIV/AIDS in Portugal reaches 42,000

In 2009, 42,000 people in Portugal suffered from HIV/AIDS, up from 31,000 in 2001, the specialised UN agency said on Tuesday in a global report covering 182 countries.

The UNAIDS study noted that 100% of infected people also suffering from tuberculosis has access to anti-retroviral treatment in Portugal, in contrast to 10% of infected drug users.

It placed the survival rate for those with HIV/AIDS receiving anti-retroviral treatment at 80%.

UNAIDS said 25% of men and 10% of women ran a high risk of contracting the HIV virus in Portugal, where 50% of men and 45% of women use condoms as a contraceptive or a disease prevention device.

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Student shot for dawdling on zebra crossing

A 20-year-old man was shot in the back by a driver with road rage in Valpaços after an argument broke out from the fact that he and his two friends crossed the road too slowly.

Following the incident, which took place in Valpaços in northern Portugal earlier this month, the victim Mário Fernandes told *Diário de Notícias*: "The three of us were crossing the road when the pedestrian light was on green as we do normally. One of my friends was half way when the light turned red and a man in his car immediately started beeping his horn and gesticulating."

He added that when his friend told the driver to calm down, he became angry and accelerated the car with a French number plate towards the trio before stopping and stepping out.

"He came towards us shouting and then shoved my friend. When the two of us saw this we went towards him and shoved

him back, but we saw a little girl about eight or nine years old in his car and we decided to stop and leave," said Mr. Fernandes.

He added that the driver returned to his vehicle and started to drive off before suddenly turning round again and aiming a gun at the trio.

"One of us ducked and my other friend and I ran towards the sanctuary, that's when he shot me in the back," said Mr. Fernandes.

The driver, who then left the scene, was later identified by the PJ police as a 42-year-old Portuguese man who had previously lived in France. Police seized a 7.65 calibre hand gun that was illegally in his possession, before he was taken to court and ordered to pay bail of €1,500. The man must now present himself weekly at the local police station until the date of his trial.

Meanwhile, Mário Fernandes was treated at Chaves Hospital, but is now recovering at home.

Carvoeiro ex-pat died of 'silent' heart defect

A 26-year-old woman who was found dead on the floor of her apartment in the picturesque village of Carvoeiro in June last year, died of a silent heart defect an inquest revealed this week.

Natalie Miles had been living in Carvoeiro since moving to Portugal in 2007.

On 9 June, 2009, she was found dead in her apartment by concerned work colleagues who forced their way into her apartment after Natalie failed to turn up for work that morning. It was the day before her 27th birthday.

Early reports last year suggested Miss Miles was found surrounded by empty glasses and bottles of alcohol, suggesting excessive drinking may have in some way contributed to her death. And while a toxicology report established that she was one-and-a-half times the legal drink drive limit at the time she died, Consultant Pathologist Pe-

ter Wilkins said this had no bearing on her death.

A second post-mortem carried out in the UK revealed Natalie had died from heart failure as a result of an undiagnosed heart problem, the Guardian reported this week.

Heard in Westminster Coroners' Court last week, Coroner Shirley Radcliffe said: "This is something that would have been entirely silent, something that she would have been entirely unaware of but can cause sudden death in otherwise fit and healthy people."

Miss Miles, who worked at the CB Wine Bar, on Estrada Do Farol, had been living in her parents' Portuguese holiday apartment in Cerro dos Pios. She was described by her father as a "happy, bubbly young lady who enjoyed life."

Suspicious circumstances have now been wholly ruled out of her death and a verdict of death by natural causes was recorded.

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Population continues to grow despite decrease in births



A group of pregnant women poses for a photographer in Breda, Netherlands, on Saturday 04 September. The occasion was set to attract people to sign a petition for better maternity conditions worldwide. (Photo: EPA/Marco de Swart)

The number of births in Portugal decreased in 2009 compared to previous years and death rates rose, although the national population increased by more than 10,000 people, according to figures released by the national statistics institute (INE).

According to the figures, the population of Portugal on 31 December 2009 was 10,677,713, which shows an increase of 10,463 people compared to the previous year.

A total of 99,491 babies were born to mothers in Portugal last year, more than 5,000 less than in 2008. There were also 104,434 deaths of residents in Portugal last year, a total of 154 more than the previous year.

"Portugal's resident population shows continued ageing, as a result of longer life and a decline in the number of births," reads the report.

It also revealed that youngsters under the age 15 represented a total of 15.2 of the entire population of Portugal last year, while those over the age of 65 represented 17.9 percent and the active population between the ages of 15 and 64 made up 66.9 percent of the population. INE also revealed that for every 100 youngsters in Portugal, there are 118 elderly people.

The number of marriages also decreased, with couples choosing to marry later in life, while divorces rose in 2009. There were a total of 40,391 marriages last year, 2,837 less than in 2008, with grooms being on average 33.4 years old and brides 30.8 years old.

A total of 26,464 divorces were recorded up to June 2009, 70 more than during the same time period in 2008.



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NATO alliance “revitalised” for 21st century – President Obama



NATO's Lisbon summit has served to reform the Atlantic Alliance and has prepared NATO to face the security challenges of the 21st century, US President Barack Obama said at the end of the gathering, describing the summit as “very successful”.



US President Barack Obama delivers his speech at the Russia-NATO Council in Lisbon on 20 November. (Photo: EPA/Vladimir Rodionov)

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“We came to Lisbon with a key task, to revitalise our alliance and ready it for the challenges of our age, and that’s what we did”, President Obama said. “These were two extremely productive days, but our work isn’t over.”

Mr. Obama also said that the US and Afghanistan must remain in “constant dialogue” during the gradual handover of security duties to Afghan forces.

“During the transitional process, we must keep good lines of communication [with Afghan President Hamid Karzai], so that we may be sensitive to any issues that arise”, Mr. Obama said.

The US President also referred to the ratification of a new Strategic Arms Reduction Treaty (START) signed with Russia, blaming the Republican Party for delays in Congress.

“There’s no reason not to [ratify START]. The fact is Washington has become a very

partisan place. That’s a classic example of an issue where partisanship must be overcome”, Obama said. “I hope we will.”

In a press conference, the US President also praised the “extraordinary hospitality” of his Portuguese hosts.

In a related story, Portuguese Prime Minister José Sócrates said he expected to attend the next NATO summit, scheduled for 2012.

Prime Minister Sócrates was questioned whether he would be at the next NATO summit, a round-about way of asking the prime minister whether he expects to still be in office by then.

“I expect to be there, of course, since [this government’s] term only expires in 2013”, Prime Minister Sócrates said.

The Prime Minister also squashed rumours that his Foreign Minister, Luís Amado, might resign soon, following an interview with weekly newspaper ‘Expresso’ in which Mr. Amado suggested that, if the political need arose, he’d be willing to leave office.

“The Foreign Minister has been doing a remarkable job for Portuguese diplomacy”, Mr. Sócrates said.

The Prime Minister meanwhile also explained that he is “completely confident that Portugal will keep a NATO command” within its territory.

“I have no reason to think otherwise”, Prime Minister Sócrates said.

The Portuguese government has vehemently opposed any plans to deactivate NATO’s Joint Command Lisbon at Oeiras as part of the organisation’s restructuring.

This, Mr. Sócrates says, is not out of “national selfishness” but of “solid arguments regarding NATO’s organisation”.

“The number of [NATO] commands will be much, much lower, but I’m confident” Portugal will keep one, he said, “from months of negotiations with our partners and also from the talks I had here with our allies”.

NATO will make a decision on the reform of its command structure in mid-2011.

TPN/Lusa

“Intimate, friendly, focused”

The United States and the European Union have called for an end to unfair trade policies in a relatively low-key Saturday summit in Lisbon that European Commission President José Manuel Durão Barroso described as “intimate, friendly and focused”.

“It wasn’t as exciting as all the other [summits] because we basically agreed on everything”, joked US President Barack Obama at a joint press conference with Durão Barroso and European Council President Herman van Rompuy, after the summit, which lasted less than two hours.

The EU-US bond is “the cornerstone of [America’s] engagement to the world”, President Obama added, singling out three main areas touched in the summit: investment, security and energy.

Durão Barroso said the Transatlantic Economic Council has been instructed to seek new ways to eliminate trade barriers.

Mr. Van Rompuy said that the

summit also resulted in an agreement to enhance cooperation in the field of cybersecurity.

In a joint final statement, the EU and the US encouraged its “G20 partners to promote balanced growth” and to pursue “policies that avoid unsustainable imbalances, and to avoid competitive devaluation or ungrounded monetary policies”.

It was Obama’s first EU-US summit; the American president had skipped a summit in Madrid earlier this year.

The EU and the US also expressed the desire to improve transatlantic flights for their citizens by eliminating the need for visas “as soon as possible”.

Eliminating the need for visas on trips between the EU and the US was one of the points mentioned in the final declaration of the summit.

The statement also includes expectations that “progress” will be made regarding negotiations about passenger registration for air flights.

TPN/Lusa

March against NATO in Lisbon mostly without incident

Tens of thousands of people paraded through central Lisbon Saturday to demonstrate against the NATO summit. Organisers estimated the crowd at 30,000.

The demonstration was peaceful, except for an incident in which a group of activists were separated from the rest of the crowd and tried to push back.

Some shops in downtown Lisbon, especially those with American brands, covered up their logos or window displays, but no violent incidents were reported.

Speakers at the demonstration accused NATO of having “blood on its hands” and charged the organisation with promoting “tensions and armed conflict”.

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TPN/Lusa

EC-funded research brings invisibility one step closer



Harry Potter's 'invisibility cloak' has moved a step closer to reality thanks to European Commission funded nanotechnology research.

In a statement published earlier this week, the European Commission revealed how scientists from Germany, Greece, Turkey and the UK have succeeded in tailoring the flow of light using nanotechnology, opening the way not only for potential applications in lenses and optical circuitry but also to exotic three dimensional devices such as 'invisibility cloaks'. Although currently limited to cloaking objects of sub-millimetre size, the project has delivered a key proof-of-principle for engineering the optical properties of materials in ways believed impossible until now.

The project is part of the Commission's initiative to boost high-risk ICT research in future and emerging information technologies, an objective of the Digital Agenda for Europe.

Neelie Kroes, Vice President of the European Commission for the Digital Agenda, said: "I am amazed by the ingenuity of European researchers. This project has achieved in real life what we knew only from special effects in the cinema. Such cutting edge

research is crucial to laying the foundations for new technologies essential for Europe's competitiveness."

Scientists in the PHOME project designed and created 'photonic meta-materials' which influence the behaviour of light rays. The breakthrough is based on the principle of transformation optics which was pioneered by the team behind the project.

The 'invisibility cloak' itself is made up of very small rods just a few hundred nanometres across that are arranged into a structure resembling a woodpile.

The rods are carefully arranged so that they are able to partially bend light waves.

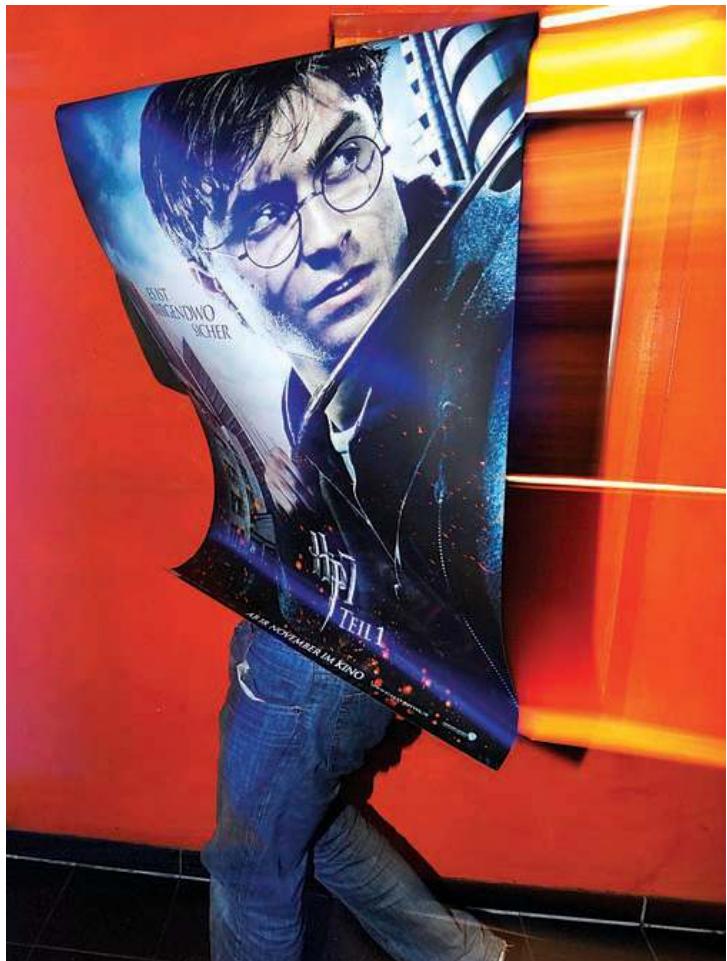
By changing the speed and direction in which light travels, the scientists can guide light waves around a micrometer-sized bump in such a way as to render it invisible in three dimensions, and at wavelengths of light close to those visible to humans.

Work is underway to extend the effect into the visible range and the results are expected in January.

Until now, such 'invisibility cloaks' have only worked in two dimensions. This meant that the concealed object was invisible when the observer attempted to look at it head on, but became visible when viewed from the side. This study is the first to result in the creation of a device that renders an object invisible in all three dimensions.

Future applications of this research could lie in the development of entirely new optical components, such as perfect lenses, light storage devices, and important components for lasers and optoelectronics such as modulators and isolators. While full-body invisibility cloaks remain beyond the reach of current science and technology, this research has proved an important principle that was until recently believed to be impossible.

Photo right: Harry Potter's 'invisibility cloak' has this week moved a step closer to reality thanks to EC funded nanotechnology research. (Photo: EPA/Julian Strateneschulte)



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Pope's views on condom use are "nothing new" – Braga Archbishop



Bishop D. Jorge Ortiga at a reunion of Portuguese bishops in Fátima on 8 November. (Photo: Lusa / Paulo Cunha)

Pope Benedict XVI's comments suggesting the Church condones condom use in some circumstances are "nothing new", Braga Archbishop and Portuguese Episcopal Conference president Dom Jorge Ortiga has told Lusa News Agency.

The Pope's comments have been construed by many analysts as a milestone reversal in Catholic Church policy, but Dom Ortiga disagrees, decrying "journalists who only look at the bottom line" and ignore the way "that things are said".

"I see nothing new in the Holy Father's words", Bishop Ortiga

told Lusa Sunday: "The Holy Father was careful to say that condoms will not solve the AIDS problem."

In an interview with German journalist Peter Seewald, Benedict XVI was asked whether "the Catholic Church is actually not opposed in principle to the use of condoms".

"[The Church] of course does not regard it as a real or moral solution, but, in this or that case, there can be nonetheless, in the intention of reducing the risk of infection, a first step in a movement toward a different way, a more human

way, of living sexuality", the Pope replied.

"The Holy Father says that the problem must include different paths, and [he referred to] abstinence, faithfulness and condoms as [a way to] avoid the trivialisation of sexuality, to reach a humane sexuality", Ortiga said.

The Braga archbishop added that he views the Pope's comments as meaning that "in some specific cases", condom use "could be justified".

"But the main thing is to humanize sexuality", Ortiga concluded.

TPN/Lusa

Single operator manning 'missing child' helpline

In Portugal the European one-number helpline **116100**, created specifically to report missing children, is being manned by a single operator, from Monday to Friday, during day working hours, as a lack of funding means reinforcement is not possible.

In Portugal, the second EU country to adhere to the **116100** service, after Hungary, calls are taken only from Monday to Friday, from 09h00 to 19h00 by employees of the Institute for Child Support (IAC).

Outside this timetable, and on weekends and national holidays, calls are forwarded to a recording that directs people to the PJ police without, in the meantime, supplying a specific contact number.

According to Manuel

Coutinho, Secretary General of the IAC, this was the best solution found to counter a lack of financial resources and almost double the team, which includes psychologists, social welfare workers and teachers.

Manuel Coutinho calculates it would take a further two teams of six professionals to keep the help line running outside its current operating hours.

He further told Lusa News Agency that, as an alternative, the IAC was willing to negotiate with the Ministry of Justice for the possibility of a member from the 'Warning, Kidnap' prevention programme also helping out with the calls.

In related news, the EC has said the presumed costs of calls as well as a lack of information regarding the Europe-wide phone-line are obstacles to it at-

taining its full purpose. The EC has proposed the development of a set of basic rules to guarantee a quality service throughout the whole of the European Union.

The number **116100** is a free-phone number, operational in twelve state-members, and semi-operational in the UK.

It is dedicated to taking reports of minors who have disappeared, throughout the EU, and supporting their families via non-governmental organisations (NGO's) that defend children's rights.

Portugal adhered to the phone-line in July 2008, through the IAC, one of the 24 NGOs that make up the European Missing Children's Network.

Between January and October 2010 the IAC received 55 reports of children who have gone missing.

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Portuguese put less money in the bank

Families in Portugal are putting less money in the bank. The amount deposited in banks by individuals across the country between August and September fell by €1.450 billion to €116.8 billion, according to the Bank of Portugal.

Despite financial institutions offering attractive interest rates, families across the country are depositing less and less compared to the historical maximum achieved in July at €119.2 billion.

In August, deposits made by individuals totalled €118.3 billion, a reduction

of 1.23 percent compared to the previous month.

Meanwhile, the amount of credit given to families increase by €314 million between August and September, with loans also increasing slightly to a total of €140.972 million compared to €140.658 million in August.

Defaults on mortgages repayments also fell by €14 million during the same time period, while defaults on other loans fell by €8 million. Contrarily, default on payments for general credit loans increased by 26 million in September, compared to the previous month.

High number of Algarve's unemployed have poor education

The Algarve's employment and training centres (IEFP) are focusing on training courses for the region's unemployed, a great number of whom have a low level of education.

According to António Palma, regional manager of the IEFP,

who spoke during an employment initiative at Faro University last week, more than 60 percent of unemployed people in the region in June only had secondary school education.

"Our policy has been to try and increase people's qualifica-

tions and give them skills so that they are prepared to enter the job market," he said.

The initiative held at the University of the Algarve over the past week, entitled 'Enterprising Faro' included a number of workshops to help people with job finding techniques, information about internships and seminars about starting new businesses.

Figures from IEFP show that within one year unemployment has increased by 16.7 percent in the Algarve, the figures having increased by nine percent between September and October.

According to Mr. Palma, commerce and service industries are those that have the most employment offers at the moment.

Fiscal representation problems

Sample Cases - Part n° 2 of a 4-part series by Dennis Swing Greene.

The following problem cases are based on real events, illustrating what tangles can arise for Non-Residents in Portugal and how they can be avoided or fixed.

Case n° 3 - Wrong Address

For years after buying their "pied-à-terre" in Lagos, Fred and Fran never thought it strange that they never got a Rates bill from Finanças. It was only when two inspectors knocked on their door with a notice that their apartment was to be auctioned off for back taxes did they realise that something was seriously wrong.

Solution: All registered information is presumed to be current and correct by Finanças. However, if your lawyer or Estate Agent applied for your Fiscal Number, your address may appear in an office, not where you are currently living.

Such temporary arrangements may be alright in the short run but they can cause serious problems in the long. Your Fiscal Representative can keep your official records current and up-to-date.

Case n° 4 - Moving

Jerry and Katherine were always looking for a bargain. When they learned that they could pay a "low-cost" fee for Fiscal Representation, they jumped at the opportunity. Later that year, when Municipal Rates were due, they were surprised to learn that there was a surplus charge for the payment service. When summer arrived, they wanted to let out their flat to holidaymakers. To their chagrin, they found that they had to pay hundreds extra for acquiring the Local Lodging licence. When reporting this rental income, they paid hundreds more in tax. Even simple faxes and e-mails seemed to trigger additional outlays.

Solution: Fiscal Representation, like any service business, has real costs that must be met one way or another. In the end, Jerry and Katherine slowly came to realise that the "Broad Spectrum Services" option that they had been so quick to abandon was, in fact, the one that offered the best value for money spent.

Next - Part n° 3 Dennis Swing Greene is Chairman and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221093, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Economic growth at heart of Europe-Africa leaders meeting next week

The upcoming Europe-Africa summit in Libya will focus on the theme of "private investment, economic growth and job creation", a senior EU organiser of the 29-30 November event told Lusa News Agency this week.

José Briosa e Gala said the meeting, the third between the two continents' leaders since 2000, would revolve around two panels: one centred on infrastructure, regional integration and investment conditions and the other on energy and climate change.

The European Commission chairman's top Africa advisor said the last EU-African Union summit in Portugal in 2007 had opened "channels of political and sector dialogue" that leaders would seek to employ in Tripoli on more "productive and concrete" issues.

Following the Lisbon meeting, a €1.5 billion fund was set up to back 20 "extremely important" projects in Africa, including the rehabilitation of the Beira transport corridor in Mozambique, Briosa e Gala added.

"This is an example of what we want to do more of and we hope this summit will bring partnerships between the public and private sectors", he said.

On another front, he underlined the EU had spent €1 billion on security programmes – "a fundamental area of cooperation" – in Africa since the Lisbon summit three years ago.

TPN/Lusa

EU hands Portugal €450m for ‘key investments’



The European Investment Bank (EIB) is lending €450 million to Portugal to help meet the objectives of the Portuguese National Strategic Reference Framework during the period 2007-2013.

Portugal and the EIB have signed a €450 million loan – the first tranche of a total approved loan of €1.5 billion – to co-finance, jointly with European Union (EU) Funds, key investments in the country in what is the biggest loan of its kind ever handed to Portugal.

Philippe Maystadt and Magdalena Álvarez Arza – President and Vice-President of the EIB – Fernando Teixeira dos Santos – Minister of State and Finance – and Fernando Medina – Assistant Secretary of State for Industry and Development – participated in the signing ceremony that took place in Lisbon last week.

Philippe Maystadt, EIB President, stated “this loan, earmarked to co-finance projects also supported by EU Structural Funds, will reinforce the Bank’s contribution to economic growth through financing of valuable projects. This is an important operation signalling the Bank’s commitment in assisting EU Member States in times of challenging economic and financial environment.”

Fernando Teixeira dos Santos,

Minister of Finance, stated “the EIB intervention in Portugal, by its amount of funding and investments’ portfolio, and taking into account the difficulties in international markets, has been having a very relevant impact, supporting public investments and facilitating economic agents’ access to credit. I am certain that this financing will strongly contribute to the growth strategy of the country towards a more developed society.”

The EIB loan will be used by the Portuguese State to fund the national contribution to projects also supported by EU Structural Funds, in the context of the 2007-2013 National Strategic Reference Framework (NSFR).

The facility will thus support investments in key infrastructures and regional assets and is expected to contribute to the country’s absorption of EU Structural Funds.

The investments are grouped around selected priorities of nine Operational Programmes (OPs) co-financed with the European Regional Fund and the Cohesion Fund.

The loan will be allocated to



President of the European Investment Bank (EIB), Philippe Maystadt (L) Luxembourg Finance Minister Luc Frieden (C) and Luxembourg Prime Minister and President of the Eurogroup, Jean Claude Juncker (R) chat prior to the Eurogroup council meeting at Luxembourg EU headquarters, 7 June. The Eurozone's debt crisis is no reason to stop taking countries which meet the currency's rules into the club, Eurozone finance ministers said as they met to debate Estonia's bid to join the group in January. (Photo: Lusa/EPA / Nicolas Bouvy)

projects in the sectors of research and development, information and communication technologies, transport, water, solid waste, energy efficiency and renewable energy, urban regeneration, health, education and culture.

It will mainly focus on small and medium sized investment schemes of less than €50 million across the country. The loan will, therefore, contribute to the balanced development of all Portuguese regions and will have a significant impact on local employment and SME activity.

This loan is part of the growing EIB lending activity in Portugal, which in 2010 is expected to reach some €3.3 billion in new loans signed with numerous partners in the public sector, including municipalities.

The EIB started supporting the Portuguese economy before

the country's adhesion to the European Communities in 1986.

So far EIB loans to projects in Portugal have reached more than €35 billion, of which €8 billion lent in the period 2007-2009, increased lending by more than 150%.

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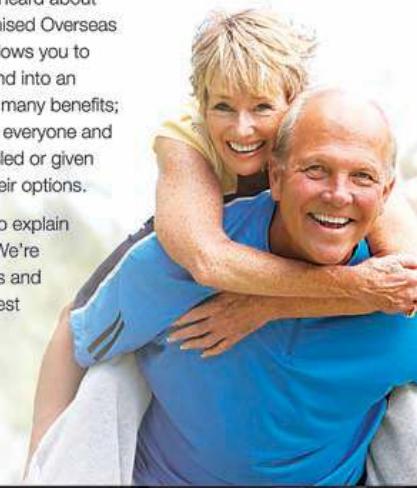
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New Face at Joanna's Hairdressers in Vilamoura!



After 21 years, Joanna is handing over the hairdryer to her ex employee Nadège who worked at the salon 15 years ago. There will be a few changes, but regular clients at Joanna's Hairdresser will still feel at home as Marian will be staying on with Nadège as her trusted assistant.

Nadège, although trained in France, is fluent in English, French and can hold her own in a few other languages, including Portuguese.

Although Nadège has been involved in other projects over the years, she could never put down her scissors and always kept herself updated on the latest trends and technology in hair care.

Nadège has quite a few ideas to breathe new life into the salon, starting with late night opening. Once a week the salon will be open till 10:00 pm, the day will

depend on what her clients needs are and will be announced soon.

The beauty clinic will also be in full operation again with a complete range of beauty treatments for both genders, as the salon is unisex to accommodate today's men and women.

Old and new clients are invited to join the Joanna's Hair team for a drink on Wednesday 1 December 2010 from 3:00 pm till 7:00 pm to say so long to Joanna and welcome Nadège to the salon.

You can find Joanna's Hairdresser at Parque das Amendoeiras, (next to Parky's 1, Vilamoura). Open Monday to Saturday 10:00 am to 6:00 pm.

Book your hair appointment today and take advantage of the 10% opening discount on all non technical treatments on 289 301 290.



Vice-President of Associação Tempus, Joel Santos Pinheiro, Gwenda Daud - ACCA, Secretary of the Associação, Isabel Veríssimo Viegas and Wanda Crawford - ACCA

New creche in Quelfes

Noah's Ark, a creche for children from three months to three years in Quelfes near Olhão was opened officially in September 2010. The brand new facilities are wonderful and have been immediately filled to capacity by 58 children, showing a real need for such care in the Algarve. The Secretary of State for Social Security, Pedro Marques, told the reception that 18 such establishments were opened in the same month in the whole of Portugal, bringing the standard of childcare up to above the European average.

ACCA, Algarve's Children's Charity has made a connection between this facility which is run by the Tempus Association and a secondary school in UK. The

Maltings Academy, an 11-18 mixed Comprehensive School in Witham, Essex are supporting this nursery by sending items such as jigsaw puzzles, toys, underwear, baby wipes and musical instruments. They have already generously funded plastic fencing to prevent the young toddlers from wandering away and a pack of education materials to help to teach. The school is one of the specially created academies to improve the quality of education in specific areas and Maltings Academy have taken the opportunity to promote charity in the international community and is strongly supported by the school staff, pupils, friends and family.

See what you're missing at:
www.theportugalnews.com

Getting the Party Started

With Christmas just around the corner or any other special event coming up, Kaleidosonix can provide you with all you need to make your party one to remember.

Kaleidosonix provides high-end Audio, DJ and lighting décor equipment across the Algarve.

Their audio systems are tailored to suit various types of applications from background music, conference speech systems, to small house parties and events for up to 350 people - it will be music to your ears.

To further enhance your event they have an array of projection lighting effects which will intrigue your guests and add a visual ambience to compliment any venue. If you prefer your event outdoors there are various sizes of marquees available for hire, from 4m x 6m to 4m x 12m, completely dressed with satin lining.

Not forgetting the kids, Discozebo is a mobile disco party tent with a custom made blackout lining, complete with audio/karaoke equipment, disco lights, mirror ball and a bubble machine to give your kids the most unique disco party on the Algarve.

Discozebo holds up to a maximum of 30 children making it a great option for your kids to invite all their friends and classmates - no more worries and fall-outs! And what's more, it's delivered and erected at your home or venue of your choice.

Kaleidosonix also offer many extras - DJ, karaoke equipment, Ariel décor, UV backdrops, bubble, smoke, dry ice, snow and silk flame effect machines.

For more info visit their website www.Kaleidosonix.com or contact Charlie on 282768118 or 910885379



The Farmshop is here

Introducing a new concept to the Algarve, The Farmshop is now open to the public every day from 10 am to 8 pm except for Sundays. Benedicte and Alister are pleased to welcome you to their cosy place in Figueira. The shop area has a unique selection of fine wines from the Algarve and Alentejo that are hard to find anywhere else, along with many other gourmet products, such as honey, virgin olive oil, aged balsamic vinegar and pasta as you have never found before.

There is also a collection of *chouriços* from Monchique and locally made cheeses, Preserves, marmalades, chutneys and spices are stocked, by courtesy of Jonnie Pratts Good Mood Food range and you can also find Aloe Vera products all at reasonable prices.

German baker Kalle goes to the shop every day to bake fresh bread, cakes and his famous *Apfelstrudel* which you can enjoy on the premises or take home.

There is a cafe which showcases the products you can buy in the shop along with daily dishes, soups and desserts, all to be enjoyed inside or outside in the wintergarden in front of a roaring fireplace. They also provide free Wi-Fi, so take your laptop, if you feel like browsing the internet.

You can find The Farmshop on EN 125, 6 km west of Portimão. Contact them for further information on 282 185 886 or email them at: thefarmshopportugal@gmail.com. You can also find them on Facebook, just search for The Farmshop Portugal until their website is finished.



Please note the email address for Portugal Sport and Adventure featured in last week's issue should be info@portugal-sport-and-adventure.com. Our apologies for any inconvenience caused.

Photography at its best



Robson Studios opened at the beginning of October this year and is run by a young dynamic photographer. Robson's passion is family portraits. He also specialises in pregnancy shots. These can be taken fully clothed, but he also has great sensitivity for taking photos in your natural state, executed with great artistry and done in the best possible taste!

Besides studio photography, Robson also covers weddings, christenings, birthdays, special occasions and events.

Now that we are fast approaching Christmas, Robson Studios are doing a promotion on their photo shoots. For example, you can have a family photo

taken and made into greetings cards or even put on canvas. And what better gift for friends and family in other lands, than a professional photo of you or your children.

You could also give a special gift voucher to family or friends to go and have their portraits done, valid for one year. There are many different packages available.

You can even take your pet along to the photo shoot, as they are also an important part of the family.

Go and visit Robson Studios, Rua João Braz Poeta, Quinta da Malata, Portimão. 963649932 and be introduced to the wonderful world of professional photography.

World Wide Travel, Solutions in Almancil

Via-PG Travel Agency offers a variety of services - world wide holiday promotions, rent-a-car, discounted golf, flights, transfers, villa rentals and property management.

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ise a corporate event or even a wedding.

Take advantage of the Festive Season and book a few days away at unbeatable rates. Via PG will advise and guide you, they are very proud of their image for personalised service. They can even come up with suggestions for a present to your family and friends.

Why not go and visit them in Almancil in front of the Community Garden in Almancil or contact them by e-mail reservations@via-pg.com or by phone 289 398 412, from Monday to Friday between 9:00am and 7:00pm. Or on Saturdays by appointment.



Domestic violence continues to rise

Abureau set up by the Women's Union for Alternatives and Answers (UMAR) to monitor the number of women killed through domestic violence this week announced 39 women had been murdered so far this year, ten more than last year.

The number of attempted murders also rose to 37 cases, in comparison to the 28 registered in 2009.

Maria José Magalhães, director of UMAR, stressed the need for police intervention to be strengthened as well as the reinforcing of risk-assessment measures and coercion tactics to better preserve the safety and protection of victims.

She defended the specific categorising of deaths caused by domestic violence.

Following an analysis carried out by UMAR's Observatory for Murdered Women (OMA), it was verified that, in the majority of situations, there are previous indications of domestic violence. And in some situations criminal charges had already been brought against the perpetrators and cases were ongoing.

Maria José Magalhães believes "the system is not efficient" in helping to avoid these cases from becoming "fatal or almost fatal."

OMA's report revealed that 64 percent of the victims were



So far this year 39 women in Portugal have died as a direct result of domestic violence. Despite increased efforts and campaigns to reduce the incidence of domestic violence, this year ten more women were killed than in 2009.



murdered by partners with whom they still maintained a relationship. The second largest group of murdered women (20 percent) died at the hands of someone from whom they were separated or in the process of divorcing.

As well as the 39 women who were killed a further 11 people, descendants or relatives of the victim, were also murdered as a result of aggression, totaling 50 people who were killed as a consequence of domestic violence.

Regarding the attempted murders registered so far, 62 percent were carried out by husbands or partners, where in 24 percent of the cases the relationship had ended.

Domestic violence was more rife amongst the 36-50 age groups the report's findings showed, as 36 percent of victims were in that group.

Thirty-one percent of victims were aged between 24 and 35, while women belonging to the 18-23 age groups represented 25 percent of victims.

In similarity to previous years, it is between May and October that attacks are more frequent. In July alone eight women were killed.

District-wise Lisbon and Setúbal accounted for the largest number of domestic violence deaths, with eight murders, followed by Faro, Madeira and Oporto, with four each.



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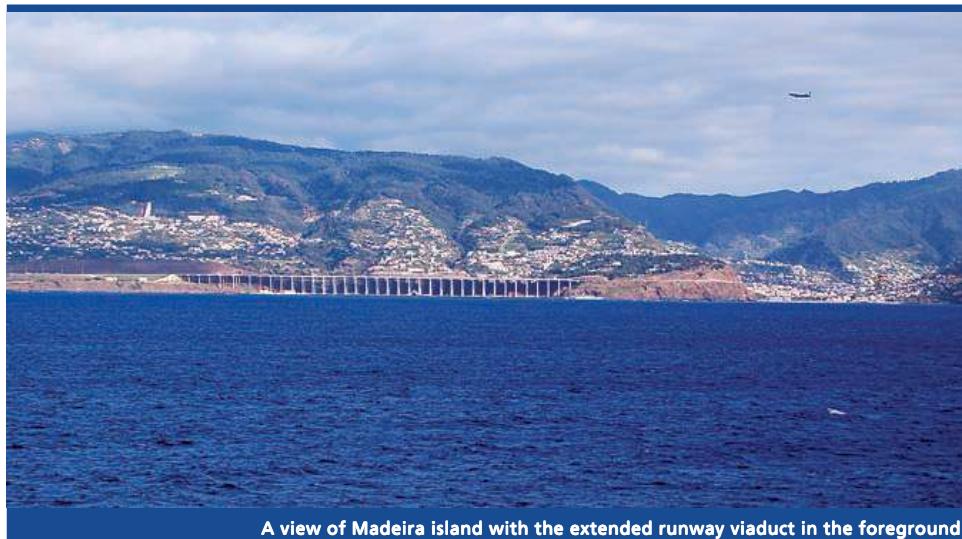
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Madeira Airport amongst world's 'Top-10 most stunning aerial approaches'



A view of Madeira island with the extended runway viaduct in the foreground

Portugal's Funchal Airport, on the autonomous island of Madeira, was voted sixth on a list of the top-10 'most stunning aerial approaches', compiled by private jet hire network PrivateFly.com.

Topping PrivateFly's top-10 most "stunning and inspirational airport approaches" was Sion, in Switzerland, a country that was featured twice on the list.

Second and third on the list were the Caribbean Islands St.

Maarten (who's Princess Juliana Airport is described as "exceptionally close to the beach, with private jet aircraft and airliners literally skimming over the heads of holidaymakers (...) the ultimate plane-spotter's viewing spot.") and St. Barts, Airport respectively. At Saint Barts, "with very tight angles, hills, unusual wind conditions and the short runway to negotiate, there's little margin for error and only the most qualified and

highly-trained pilots can land there". International flights do not land at St. Barts.

In fourth place was Gibraltar, which "has the distinction of being the closest to the city it serves, being only 500 metres from Gibraltar's city centre.

"The runway is actually intersected by a main road which has to be closed every time a plane lands or departs. The rock of Gibraltar looms large on the stunning approach, causing unusual

wind patterns and turbulence", the listing explained.

Switzerland was featured for a second time on the list with the country's St. Gallen-Altenrhein Airport.

In sixth place was Portugal's Funchal Airport, on the island of Madeira.

"The runway at Madeira's Funchal Airport (also known as Santa Catarina) is bordered by water on one side and mountains on the other and was rebuilt in 2000 to include a stunning bridge-like extension, with 180 supporting pillars, over the Atlantic, providing both a dramatic view and additional car parking (underneath)!" the description explained. It elaborated "Before the rebuild, Madeira's Airport was infamous for its short runway which, surrounded by high mountains and the ocean, made it a tricky landing for even the most experienced of pilots. The new runway now allows both airlines and private jets to land at Madeira Funchal".

When the airport opened on 18 July, 1964, it had two runways measuring 1,600 kilometres. The original runway was later extended by 200 metres built over a series of columns, following an incident with a TAP flight – Portugal's national flag carrier – eight years earlier in 1977.

The incident involved TAP Flight 425, a Boeing 727 en-route from Brussels on 19 November 1977, which overshot the runway and plunged over a 200 feet steep bank hitting a nearby bridge and crashing onto the beach; splitting in half and bursting into flames.

Of the 164 people aboard (156 passengers and eight crew), 131 were killed (125 passengers and 6 crew).

It is believed the crew was trying to land the aircraft on the notoriously short runway in heavy rain, strong winds and poor visibility. After two unsuccessful attempts the pilot and his co-pilot reportedly decided to make one last try before diverting to the Gran Canaria Airport in the Canary Isles.

Subsequently, TAP stopped flying the Boeing 727-200 to Ma-

Madeira flood damage loan approved

The European Investment Bank (EIB) has approved the first tranche of €62.5 million of a total €250 million loan to the Portuguese Government, to support the Madeira Regional Government re-establish lost and damaged infrastructure caused by the flooding of February 2010.

This multi-sector framework loan will contribute to repairing and reconstructing the massive damage caused to the public infrastructure in Madeira, strengthening its resilience to natural disasters and its adaptation to climate change.

The operation will provide the Portuguese authorities with long-term funding at attractive rates to help finance a huge investment effort to overcome such 'force majeure' circumstances.

The 2010 Madeira Island floods and mudslides were the result of an extreme weather event that affected the Portugal's Autonomous Region of Madeira on 20 February 2010.

As a result of the natural disaster, 42 people died and at least 250 were injured and about 650 lost their houses.

The city of Funchal and other areas were heavily damaged by landslides and communications

were seriously disrupted across the island.

The EIB loan would contribute towards repair and reconstruction of fundamental infrastructure in a convergence, ultra-peripheral territory of the European Union, restoring the conditions for a balanced development of the region, as well as supporting a sustainable economic recovery, employment creation and protection of existing livelihoods.

The EIB loan focuses mainly on small and medium sized investment schemes of less than €50 million distributed throughout most of Madeira's territory in areas such as hydraulics, roads, bridges, electricity and water supply. The investment programme to be carried out by Madeira's authorities will also include mechanisms to prevent similar natural disasters in the future by addressing key risks.

Annual road deaths down in Portugal

The number of road deaths has reduced from an average of 2,600 per year in the 80s to less than 800 per year, putting Portugal on a par with countries with the safest roads.

According to Portugal's Minister of Internal Affairs, Rui Pereira, this reduction is due to improved road quality, safer vehicles, effective policing, raised awareness among drivers and better medical assistance at the scene of accidents.

Speaking at the 2nd Congress of Work and Road Accidents earlier this month, he said: "We have met our aim to reduce the number of deaths and we continue to work with a national road security strategy to make Portugal one of the best countries in Europe in terms of road safety."

In 1970, there were around 500,000 vehicles in Portugal and only 80 kilometres of motorway by 1974. In 2010, there are currently 5.7 million vehicles and

more than 3,000 kilometres of motorway in the country.

"During the 80s, there was a very high death rate, more than 2,600 per year," said Rui Pereira, adding: "since 2006, this has been lowered to less than 1,000 annual deaths and now there are less than 800 per year, which we want to reduce further."

He added that the method of counting road deaths has also changed, allowing Portugal to compare its figures with other European countries.

"We are changing the method and we now consider those who die during transportation to hospital or within the following 30 days of the accident, as the same as people who die at the scene" said Mr. Pereira.

deira, and started flying only the 100, which was six metres shorter and took 60 fewer passengers, until the extension was carried out years later.

The runway now measures 2,781 metres (9,124 feet) and is capable of accommodating wide-body commercial jets like the Boeing 747 or the Airbus A340.

Following Madeira is London City Airport, in seventh place, singled out from the city's other airports for its "highly scenic approach over world-famous London landmarks" such as Big Ben and The Gherkin.

Lukla Airport, Nepal ranked 8th – "an exhilarating experience"

– with Las Vegas' McCarran Airport being voted 9th due to its approach, which "is a truly spectacular one, offering the contrast of desert with a sudden metropolis, unrivalled for sheer size and glamour."

Rounding off the list, in 10th place, is Barra Airport, in the Outer Hebrides of Scotland, which is in fact situated on the beach.

Adam Twidell, CEO of PrivateFly.com, an experienced pilot and author of the Top-10 listing said on their website: "Over the years, I have experienced many different airports, but the ones I have selected here are highly memorable."

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Thomas Cook concedes compensation to Algarve hotels

In September Thomas Cook, the second largest travel operator in the world, announced that the Algarve would not be on its winter 2010 programme. Shortly afterwards it transpired that the company had also applied a five percent discount to invoices it owed the region's hotels.

The company has, however, following a meeting with Government representatives, agreed to pay out compensation that will be "satisfactory to both parties", to those affected by its actions.

Regional hotel associations have applauded the agreement, though have said they want "more concrete solutions".

Conflict between the operator and Algarve hoteliers kicked off at the end of summer, when it announced the end of its operations to the region as well the discovery of the self-allowed discount.

The "unilateral decision" drove associations such as the Algarve Association for Hotels and Tourist Resorts (AHETA) to join forces with European entities to submit a complaint to the European Commission denouncing "an attitude that represents a dominant position of abuse", Eldérico Viegas, head of AHETA, said.

It is also believed that these complaints reached the Portuguese Tourism Board.

In the meantime, Portugal's State Secretary for Tourism Bernardo Trindade told Portuguese newspaper *O Públíco* that Thomas Cook has committed to



A meeting between Portugal's State Secretary for Tourism and Thomas Cook representatives has resulted in the travel operator, which recently cancelled its operations to the Algarve for winter 2010, agreeing to pay compensation to Algarve hotels.



Staff at the Thomas Cook call centre in Gent, Belgium on 18 April 2010. Three times more people were working because of all the troubles due to airports closures in Belgium and several European countries, around 15 April. Hundreds of travellers across Europe were affected, as ash from a volcano near Iceland's Eyjafjallajoekull glacier led to an unprecedented shutdown of much of European airspace. (Photo: EPA/Nicolas Maeterlinck)

"compensating hoteliers."

That commitment was reportedly made in writing, in a letter sent by Thomas Cook to the Government representative, following the meeting that was held last week.

In the letter the company explained that it was forced to take "radical measures" due to losses "in the region of €100 million", because of the Icelandic volcano eruption and subsequent ash cloud in April. Lack of demand for travel because of the global economic crisis further contributed to the need for "radical measures", which also included the firing of 500 Thomas Cook employees.

According to *O Públíco* the company has agreed to meet with Algarve hoteliers to hold negotiations before the end of this year, to reach a settlement that is "satisfactory to both parties".

In the State Secretary's opinion, this commitment will "reopen a file that had been closed."

Bernardo Trindade said that it was possible some hoteliers may still resort to legal action, but stressed that the first step towards resolving the matter had been taken.

Thomas Cook has also reportedly agreed to review its winter programme for 2011/12.

Eldérico Viegas reacted to the news saying "there are too many 'ifs' in this commitment". AHETA said it is "available to listen" to what Thomas Cook has to say, but made it clear that "one of the main principles of tourism, trust, has been shaken."

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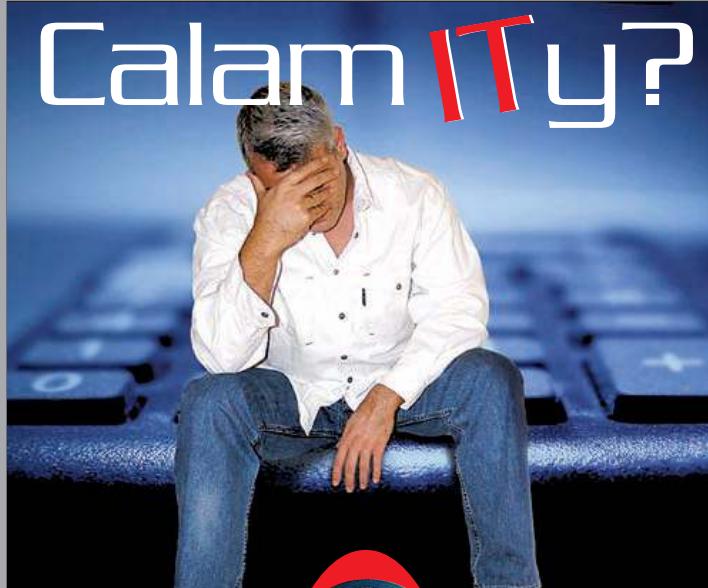
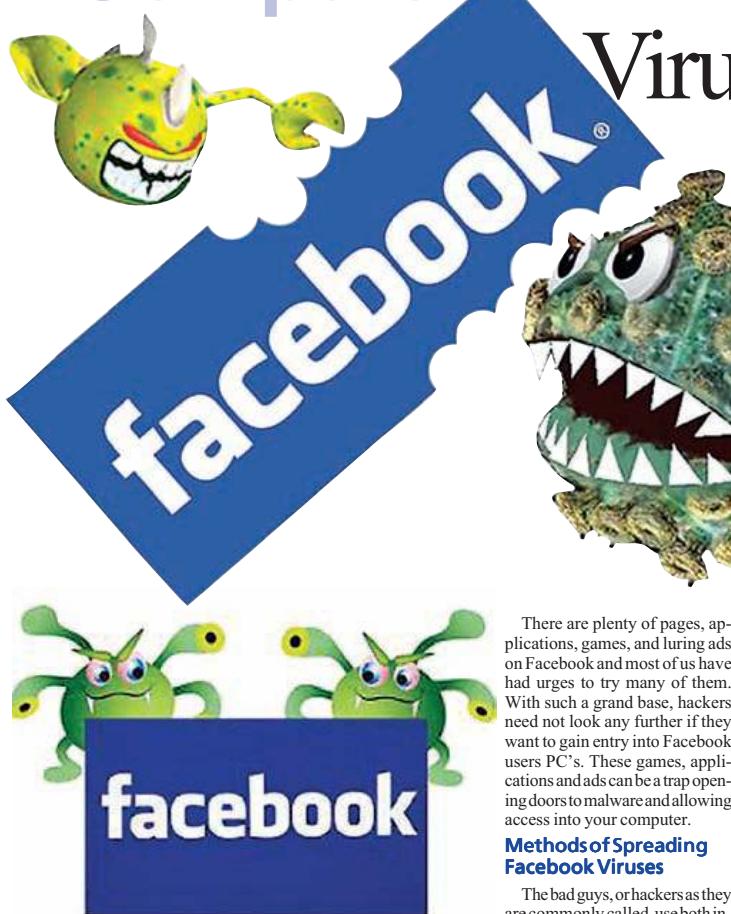
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Viruses target Facebook?



If you have a profile on Facebook, you are an easy target for a Facebook virus. Almost everyone, be it an expert user or a novice, has a Facebook account. What started as a small social networking site six years ago is now a multi-billion dollar website with approximately 500 million active users.



There are plenty of pages, applications, games, and lure ads on Facebook and most of us have had urges to try many of them. With such a grand base, hackers need not look any further if they want to gain entry into Facebook users' PCs. These games, applications and ads can be a trap opening doors to malware and allowing access into your computer.

Methods of Spreading Facebook Viruses

The bad guys, or hackers as they are commonly called, use both in-

ternal and external tactics to gain access to your computer. The internal method is easy. Create a lure application and insert a malicious code or merge a malware code into a video embedding code and then post it on Facebook. When you click on the link to play the video or to open the application, the code downloads malware to your computer. As there is no restriction on creating applications, anyone can create such applications/games for use with Facebook. Though Facebook might remove suspicious applications, ads, and posts after receiving complaints, it may be too late.

The other method is to send emails to Facebook subscribers. Most of the people post their email addresses and smartphone numbers on their Facebook profile. This makes them easy targets for Facebook viruses and worms.

So what can you do to avoid Facebook security problems?

- Use a good security and antivirus software solution that can identify malicious scripts and prevent downloads of malware.

- Avoid posting confidential information on your profile.

- Avoid any posts, videos, pages or applications that look out of this world. You can still have fun on Facebook, but it is wise to read user reviews of Facebook games before trying them.

A recent example of a video spread virus titled 'Sexiest Video Ever' caused chaos for Facebook users and infected over 300,000 computers worldwide. This video link is no longer available on Facebook, but users still need to be careful should they receive the link via email.

Note: The founder of Facebook, Mark Zuckerberg says that there is no option of screening new applications before they go live as Facebook is meant to be an open space. This increases the risk of Facebook viruses and other malware.

Stop Facebook Viruses—Use the 'Like' Button Sparingly

You have probably used the Like button on Facebook. However, the same Like button that you used to show your appreciation for a post can now pose a threat to your computers. The most recent threat was a page saying "This Girl/Committed Suicide after Her Dad Posted This on Her Wall (see image)". Obviously, you can install the latest Flash

Player by visiting the Adobe website directly (www.adobe.com).

Note that Facebook is aware of the virus and Kaspersky is working closely with Facebook to eliminate any such videos doing the rounds on the social networking website. Still, it is better to stay on your guard by following the tips mentioned earlier.

Facebook Viruses through Emails

Users of Facebook are easy targets when they leave their email addresses or phone numbers on their profiles. Hackers retrieve these email IDs and phone numbers and use them to send links that lead to sites which download malware into their computers and smartphones. While most good security and antivirus software solutions help stop infiltration of malware from such sites, sometimes they are unable to help – given the daily rate of new virus developments.

If you receive any email with a link that claims to offer you something that you are not expecting, just delete it instead of taking risks. Most of these types of emails look and sound personal with subjects such as "Your photo on Facebook," "Action needed: Facebook," "This is a must see," etc.

The Facebook 'Dislike' It Button

Many Facebook users have wished for a **Dislike** button so Facemod (a serial entrepreneur) came up with a Dislike button that can be installed as a plug-in for the Mozilla Firefox Web Browser. While very few people knew of the original Dislike button (please note that Mozilla has not reviewed this button), many have downloaded it from third party sites other than the Mozilla add-on page.

These third-party Dislike buttons are more of a rogue button than a virus. These buttons intentionally collect your personal data by presenting you with a survey and later send fake messages to your friends asking them to install the button. This Facebook add-on does not download anything to your computer but it is most dangerous in the sense that it asks for your personal information, which may be used at a later stage for various purposes – be it good or bad.



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Small Acts of Resistance



US President Barack Obama sends his first ever tweet during a visit of the operations for earthquake victims in Haiti at the Red Cross Disaster Operations Center in Washington DC, USA, back in January. Keywords indicative of suspicious behaviour or menacing content such as those written by Paul Chambers in his tweet trigger an automatic investigative service that can result in legal action. (Photo: EPA/Aude Guerrucci/Pool)

The "tourists" (as South Africans used to call them in deliberate mockery of their attempts to terrorise everybody, and as George W. Bush also called them because he didn't speak English very well) are always seeking to blow up our airplanes. Why else would we employ hundreds of thousands of people to stand around in airports and go through our baggage?

True, they haven't actually caught anybody trying to board a plane with a bomb in the nine years since 9/11. Many terrorist plots were nipped in the bud by good intelligence work on the ground, but the few who did try to carry bombs onto aircraft (the shoe bomber, the underpants bomber, etc.) got through "airport security" and were only defeated by their own incompetence.

Despite all this, the airport security industry continues to flourish. Indeed, it serves a useful social function, providing employment to many people who would otherwise be roaming the streets looking for something to do, and perhaps falling in with bad companions.

However, common sense and a grasp of irony do not figure prominently in the job description for airport security personnel. That's why we are all conditioned, while going through airport security, to avoid making remarks that even refer to the reason for all these searches.

Should you politely inquire, as they ferret through an old lady's handbag, whether they really think there's a bomb in there, you will spend the next twelve hours in a side-room being interrogated. Indeed, you don't even have to get aboard an aircraft to fall foul of the vast security establishment that has sprung up since 9/11. Just send an e-mail containing keywords like "blowing up an aircraft," and they may visit you in the comfort of your own home.

That's what happened to Paul Chambers, a 27-year-old British accountant. His flight to Northern Ireland to visit his girlfriend was cancelled when snow closed Nottingham's Robin Hood airport last January, and he vented his anger to his girlfriend on Twitter. "Crap," he wrote. "Robin Hood airport is closed. You've got a week and a bit to get your shit together otherwise I'm blowing the airport sky high!!!!"

Those who have lived among human beings for any length of time will recognise that as a lame attempt at humour, but if you spend your time in darkened rooms reading intercepted electronic messages you tend to lose contact with the human race. So Paul Chambers was arrested, charged, tried and convicted. He was fined \$1500 plus legal costs. And as soon as he was arrested, he lost his job.

He appealed his conviction, naturally, and in mid-November judge Jacqueline Davies rejected his appeal. She emerged from her cave to rule that Chambers's tweet has been "menacing in its content and obviously so. It could not be more clear. Any ordinary person reading this would see it in that way and be alarmed."

So far, it's just another dreary tale of overweening securocrats and out-of-touch judges, but what happened next was more heartening. Thousands of people who were outraged by the sheer stupidity of it all began to re-tweet Chambers's original message in a show of solidarity.

So far, none of the people who did this have been arrested, because some senior person in the British security establishment finally realised that the whole sorry story makes them and the judges look like fools. Or, to be more precise, reveals them for the fools they are. But it would not be a good idea to re-tweet Chambers's message anywhere outside Britain, for the equally foolish authorities elsewhere don't know the background story.

What you could do, if you are minded to make some small gesture of resistance to this ignorant and oppressive system, is to include some reference to bombs and aircraft in your e-mails and tweets from time to time. Be careful how you phrase it – "I heartily disapprove of people who try to smuggle bombs onto aircraft" would be a safe comment – but as long as you use the key words, it will come to the attention of the system.

The computer will flag the message, and some analyst will actually have to read it. They won't arrest you for it, although your name will probably go onto one of their databases. Don't worry about that: if you have ever done anything remotely interesting in the world, your name is almost certainly on several of their data-bases already. And if enough people sent messages like that, it might even clog up the system.

Well, no, not really. Whenever they want more computing capacity, they get it, because no politician will risk being accused of stinting on "security matters." In reality, your small act of resistance will simply trigger the waste of more of the money you pay in taxes: no matter what you do, the house wins. But it might make you feel better for a little while.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Thousands of Cascais palms at risk



More than 3,000 palm trees across Cascais municipality are at risk from being infected and killed by the red palm weevil.

According to the Cascais municipal environment company, the red palm weevil has been detected in the area, following its infestation of palms in the Algarve region and in Setúbal. In a bid to control the weevil, Cascais Town Hall has spread traps to identify and treat the infected

palm trees.

Palms that have too many weevils, with colonies reaching up to 1,000 insects, could be cut down. Infestation is difficult to diagnose from outward signs on the trees, but these can include fallen leaves, stunted new leaves, a bold crown and a bitter smell.



Caption: Pictured here are some palm trees on the Estoril sea front which might be at risk from the palm weevil.
(Photo: The Portugal News)

Arts students liven up Soup Kitchens

Teachers and pupils of the Chapitô social welfare association have embarked on a mission to liven up the capital's Soup Kitchens by providing entertainment and cheer, as well as proving that the arts also contribute towards the social involvement of those who most need it.

Chapitô is a social, cultural and educational project which has the main objective of helping integrate young men and women, who are considered vulnerable and at risk, into society by training them in the arts.

The association also runs a residential unit where it accommodates homeless youths, many of whom have spent their entire lives in state care but find themselves without a place to live when they reach their late teens and are no longer eligible for most government-funded homes.

It also runs a number of side-businesses, such as a bar and a restaurant, to generate income for the association's funding.

A protocol signed between Chapitô, state social welfare and the charitable institution Santa Casa da Misericórdia will see students and teachers from the association's circus arts perform once a month, every month until next July in the Anjos Social Support Centre (CASA) as well as eight other social welfare establishments.

In exchange, the Santa Casa da Misericórdia will allow Chapitô's neediest students to use its Encosta do Castelo health centre.

"This protocol was signed with a mutual objective: social integration through culture. Via the arts we will seek to integrate isolated people, such as the homeless, who use CASA's services", Luís Godinho, social welfare di-

rector of the Santa Casa da Misericórdia.

Teresa Riccou, President of Chapitô, reiterated that the common objective was to "promote the interaction" between circus students – many of whom are considered to be at risk – themselves and the users of the Soup Kitchens.

Luisa Godinho recalled that the collaboration was not simply "entertainment for entertainment's sake", but an effort to "work on group spirit, belong to a group, and have someone rooting for you."

For the five Chapitô students who participated in the first entertainment event, the experience was described as "gratifying, incredible and surprising."

Student Romain, 17, said he thought the experience "had a lot to offer and was eye-opening."

"By being with these people we saw that we didn't have problems, our problems were insignificant", he said.

Following a session of dancing, music and magic, some of the spectators were taught a magic trick or two.

Angolan Lino Ferreira, 60, a recovered drug addict who has depended on the Santa Casa's help his whole life, makes a point of not missing any of Chapitô's performances. He has vowed to one day perform one of more than 200 songs he has composed about his life, relating to topics such as love, drug addiction, drugs, poverty, and the fight to survive.

Hotel occupancy up 18% in Estoril



Hotel occupancy rates increased by 18 percent in Estoril in October, compared to the same month last year, according to figures released by the regional tourism board.

Duarte Nobre Guedes, President of Estoril tourism board told Lusa News Agency: "We have finally seen results from the dedicated advertising that we have been aiming towards foreign tourists."

According to figures, Spanish and German tourists were those who sought out the Cascais area the most.

"It is precisely towards this market that we have been advertising and it is working," said Mr Guedes.

Between January and October, occupancy by German

tourists in the region rose by 50.7 percent, while the Spanish market rose by 20.8 percent compared to last year.

Hotel occupancy figures for British tourists also rose by 14.5 percent since the start of the year and 40.4 percent in the month of October, compared to the same periods in 2009.

In total, the number of people staying in Estoril rose in the first 10 months of this year by around 290,000.

According to Mr. Guedes there was also "significant growth" in the average revenue

per room, with a 13 percent increase.

There are 32 hotels along the Estoril coast, of which 11 are

five star establishments, 10 four star hotels, eight three star hotels and three two star hotels.

Circus bears re-homed at Lisbon zoo

Three bears belonging to the Irmãos Torralvo circus from Marco de Canaveses, which had been left in cages since the circus closed, were re-homed at Lisbon zoo earlier this month.

According to the zoo spokeswoman Inês Carvalho, the bears named Misha, César and Casse arrived at the zoo on 20 November, where they will stay in quarantine, away from the public, until the nature conservation and biodiversity institute (ICNB) make further arrangements.

The circus, also known as Círco Magic hosted its last show in April, when the three bears were left in their transport cages until the authorities re-homed them.

Last month, in an interview

given to *Público*, a spokesman from the circus said: "They seized the animals and then left them as they were. We are waiting for them to come and get them. They are in a transport cage and have been left there."

She added that the circus closed down due to new laws and a series of unfortunate events that recently befell them including storm damage and a fire.

"It's ridiculous. They forbid animals to be in the circus, but then, they have nowhere to put them," said the spokesman.

Thousands of trees planted in Lisbon and Sintra parks



A total of 4,000 trees are due to be planted in Lisbon's Monsanto park and the Sintra-Cascais natural park up to 28 November as part of the 'plant a tree' initiative set up by Lisbon and Cascais Town Halls.

According to the organisers, this initiative has involved local residents and schools, with each participant planting two trees given by the Town Halls, which have also made land available and prepared it for the mass plantings.

In Lisbon, where around 2,500 trees were to be planted, this action took place on 23 and 27 November. In Cascais, the tree planting is to take place on 27 and 28 November, with

schools having taken part during the week.

During this time, around 60 town halls are to be involved in the planting of more than 100,000 trees across Portugal during National Reforestation Week, which started on 23 November.

To find out more about the National Reforestation Week in your area, please visit the website, available in Portuguese at: www.plantarportugal.org.

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Project to save seahorses in the Algarve



A Hippocampus guttulatus seahorse. Scientists are investigating the 85 percent decline in sea horses in the Ria Formosa, which was once home to one of the largest populations in the world. (Photo: Virgilio Rodrigues/Lusa)



Project Seahorse, a worldwide project to save this endangered marine animal is looking to create artificial habitat structures in the Ria Formosa national park, which is known to be home to one of the densest seahorse colonies in the world.

The aim of this project, which is led by specialists from around the world, including Portugal, is to conserve seahorse populations.

Loss of habitat due to dredging and the movement of boats is highlighted as the likely cause for the decline in seahorse populations in the Ria Formosa, which have reduced by 85 percent since 2000.

An initiative to install artificial structures in the Ria Formosa is aimed at helping seahorses live in areas where it is difficult for them normally to live. These marine animals prefer to live in underwater prairies where their eggs are covered.

According to Miguel Correia, a marine biologist from Project Seahorse, these marine creatures are very sedentary and normally cling to things such as shells, buoys or underwater traps to stop themselves from being swept away by the currents.

"The structure, which will be made of metal so as not to release any toxic substances into the environment, will be tested in a laboratory," he told Lusa News Agency.

Seahorses have an average

life expectancy of between three and five years, growing up to 16 centimetres and are able to camouflage themselves to deceive predators.

Project Seahorse's proposal will be implemented in partnership with the University of the Algarve's Sea Science Centre (CCMAR) and the Ria Formosa Natural Park.

For more information about Project Seahorse, please visit the website, available in English at www.projectseahorse.org.

Algarve sees surge in food aid requests

The number of meals distributed daily by Faro-based homeless support centre, Centro de Apoio aos Sem Abrigo (CASA) has increased from 80 to 500 in 14 months.

Pedro Cebola, CASA Coordinator told Lusa News Agency: "We are feeding one percent of Faro's population. Around 14 months ago around 80 people received meals, but since then help has been increasing exponentially, and we are now feeding 500 people a day."

CASA was set up as a non-profit organisation three years ago to provide meals for the homeless, especially drug addicts and alcoholics. The charity currently counts on the support of around 300 volunteers.

"Around 70 percent of people who ask for our help with meals are unemployed, couples who have both become unemployed, grandparents who look after their grandchildren and have no social support and people who took early retirement for health reasons," said Mr. Cebola.

He added that immigrants from Eastern Europe, especially Ukrainians, who used to work in the construction

industry and in greenhouses in Faro municipality also, represent 15 percent of those who look to CASA for help.

Earlier this month, CASA received 30 new cases of people asking for help, with at least 25 of those being eligible for free meals, based on their income.

"There are a lot of people who are ashamed to be poor, namely professionals such as teachers who have not been 'placed' and are currently unemployed, restaurant and café owners and people who worked in real estate," added Mr. Cebola.

Until 31 December, CASA is running a Christmas campaign to collect around 2,000 toys for children and to offer Christmas lunch and gift baskets to more than 600 needy families in the region.

To combat the growing poverty situation being felt by families due to unemployment, Town Halls around the region have increased their budgets for social actions by at least a third.

ATM robbery fails

An ATM machine from the BPI bank located in Quatro Estradas between Loulé and Quarteira was left smashed on the ground after a gang of masked individuals failed to steal it or the money inside in the early hours of Sunday morning.

The gang used a JCB digger, which was stolen from a building site nearby, to remove the ATM machine from the wall but failed to get it into their getaway van after damaging the digger arm against the wall of the building.

An eye witness who lives in the building told *Correio da Manhã*: "I saw a masked per-

son get down from the digger and jump into a van before it drove off at high speed."

According to media reports, the police authorities suspect this gang is also responsible for other similar robberies of ATM machines that have taken place across the Algarve and Alentejo many times this year.

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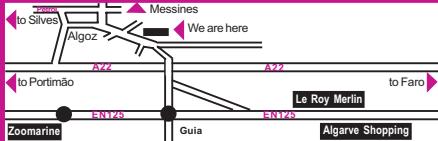
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Quality key as golfers queue up to pay premiums to play at the best courses

 Brendan de Beer

Booking a round of golf less than two weeks in advance is currently ill-advised as players from northern Europe converge on the Algarve for better weather in which to practise their sport.

But despite the influx of golfers, there are a number of well-known courses in the Algarve where, despite discount rates, players can pretty much arrive, pay and play on the same day, a sign of the times perhaps.

Figures obtained by **The Portugal News** show that over the first nine months of the year 93,532 rounds of golf were played in the region, which is down 1.8% on the same period in 2009, though the number of rounds in September was up almost 5%.

"This is a positive sign for the region and is testimony to the good performance of this strategic product", explained the President of the Algarve Tourism Board, Nuno Aires.

Figures are not yet official, but October 2010 is expected to be up on the same month in 2009.

The slight overall drop in the number of rounds played in the Algarve is being blamed on the wettest winter on record (January and February) along with the mayhem caused by the Icelandic volcanic ash cloud once the weather had improved.

As in most cases, quality has

proven to be the key for courses that have reported growth through the crisis.

Director of Golf at Penina, Leonel Rio, told **The Portugal News** this week that the Algarve's oldest course has defied the odds. "Despite troubled times the number of rounds at the course has increased 4.2% year-on-year up until September".

The crowning jewel of Sir Henry Cotton, which has hosted the Portuguese Open on ten occasions, has maintained its reputation over the decades and as Mr. Rio explains, "While we are in difficult times, quality and renowned courses are still making their way."

The success of this course this past year has undoubtedly been due to a strong focus on quality and allowing for a pleasant round of golf despite heavy rains the Algarve tends to endure in November.

Greens soak up heavy rains like sponges, while bunker shots do not equate to dropping out of a pool of water. In addition, the driving range facilities are now amongst the best in the Algarve following a major overhaul which

commenced two years ago.

These efforts were recently rewarded when readers of **Going for Gold** ranked Penina Championship Course as their 9th favourite, while the hotel was in 2009 elected Portugal's Leading Resort by the World Travel Awards.

Penina, looking to build on its excellently kept course, has also decided to join 47 hotels and 23 courses in the Algarve, which this winter will be offering a free round of golf and free accommodation for every seven paying golfers. Alternatively, this saving can be shared by the party of eight golfers.

For further information on this package, visit the Algarve Tourism Board sponsored site at: algarvepromotion.pt/golf



The imposing par 3 13th hole at Penina, where the 185 metres from the white tees to the flag often results in losing a ball to the water hazard. It is thought that one in five golfers lose a ball here and it was reported that back in 1986, when the lake was dredged, an incredible 20,000 balls were recovered.



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Palliative care association launches services in Lagos

 Carrie-Marie Bratley

'Airmchair supporters', volunteers, fund-raisers and a new string of charity shops are at the top of the pioneering palliative care association Madrugada's Christmas wish list to ensure the continuation and expansion of its services, as well as forming the backbone of its action plan for 2011.



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Madrugada is a new project currently covering the Lagos municipality, providing the region with in-the-home palliative care and support for people with life-limiting illnesses, via a 'bank' of professional healthcare workers and a network of volunteers. It also aims to help families make informed decisions about care preferences regarding 'end-of-life' palliative care.

The project was devised in 2009 but only recently commenced its services within the community. Three families are currently being aided by Madrugada.

The services, clinical and psychological, amongst others, fill a role in society that was previously, to a large extent, un-catered for. It is proving of particular relevance to inform foreigners, many of whom believed there was little option but to return to their homelands when faced with a serious illness, such as cancer or motor neurone disease. However, Madrugada founder, psychologist Alison Blair, is quick to stress that the association's services are

not limited to ex-pats and are intended for the entire community, both foreign and national.

To ensure Madrugada can continue to offer its vital services and indeed grow within the community a steady income is needed to ensure the association's furtherance.

Madrugada's pilot charity shop in Praia da Luz has been "very successful", bringing in tidy sums, added to by fundraising and charity events. Also, families are asked to declare their ability to pay for or contribute towards professional services, such as nursing and physiotherapy, though all of the association's non-clinical services, such as bereavement counselling and volunteer support, are free of charge, covered by the association's fund-raising initiatives.

Alison Blair is aware that "not everyone is able to go to charity or fundraising events", so the association is therefore "looking for 'Armchair Members': people who pay an annual membership fee and can rest assured knowing they've made a contribution, but can then do as much or as little more as they like."

Following what Madrugada describes as an "amazingly active first year", it is now hoping to expand its services beyond the Lagos area. However, it has been estimated that the target required to cover Madrugada's services in 2011 will be in the region of €245,000, within Lagos alone.

Three new charity shops are in the planning, described as being 'key' to the association's expansion, the first of which could emerge in Portimão.

Professional fundraiser Hazel McGill, who has been fundraising for UK hospices and associations for more than three decades, offered her services after being introduced to Alison Blair by the Help the Hospice association in the UK and flew out to the Algarve to give her initial assessment of Madrugada's goals.

"Speaking as a professional fundraiser, the way in which you have promoted and marketed your dream of being able to offer care (...) to all those unfortunate enough to need palliative care for a life-threatening illness is to be applauded.

"You have pulled together as a dedicated team of volunteers, giving your time and expertise (...) in a manner of which you can be proud", Mrs. McGill wrote in her assessment.

A calendar by local artist Gabriela Clark is now on sale; all proceeds from which will go to Madrugada. Designer Lieke Kersten has created a range of beaded jewellery especially for Madrugada, from which 50 percent of the profits will be donated to the association, and a CD of songs from the president of the board, featuring popular tunes from the American songbook, is also set to be launched. Four fund-raising initiatives are lined up—the first at the Barlavento English School's Christmas Fayre (27 November, Espiche Camp Site), the Spirit of Christmas Fair in Portimão (1 December – Hotel Oceanic), the Luxury Christmas Market (5 December, Vale do Lobo) and the second Spirit of Christmas Fair, in Quarteira (8 December, Vila Sol). These events are joint initiatives with other associations including St. Vincent's Church, ACCA, and Woolf Valley charity.

An appeal will also soon be launched to raise funds for Madrugada's ultimate goal, the building of a centre that will provide day and residential care for people affected with life-limiting illnesses estimated to cost in the region of €3 million.

For more information on Madrugada or to become a member, contact the association on: 282 761 375, e-mail: info@madrugada-portugal.com, or see their website: www.madrugada-portugal.com.

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The centre, which has disabled access and bathroom facilities, includes two consultation rooms, a number of treatment rooms, a spacious gymnasium, a children's treatment room and beauty therapy area.

A number of healthcare professionals work in partnership with the centre, providing clients with a diverse range of services such as neurology, psychology, physiotherapy, orthopaedics, acupuncture, reflexology, speech therapy and lymphatic drainage, among others.

Nutritionist Dr. Paula Salgueiro (pictured right) has recently joined the team. According to her, people's idea of nutrition is just about "dieting to lose weight," but it is much more than that. "It's about teaching people to eat properly, such as pregnant women so that they do not start eating for two and avoid the onset of pregnancy related diabetes, while ensuring their baby and their own body has the right nutrients," she said.

Dr. Salgueiro will carry out a day long workshop session at Centro

Activo on 11 December to help people learn healthy eating habits.

Dr. Manuela Figni (pictured left), who specialises in beauty procedures, has also recently joined Centro Activo. Her services include Botox, laser, anti-cellulite and anti-flaccidity treatments as well as skin peels and much more.

"I carry out treatments such as Botox, which as well as treating wrinkles is also used to great effect to combat excess sweating," said Dr. Figni, adding: "there are also a number of laser treatments available to treat varicose or broken veins, age spots, verucas, moles and acne scars as well as laser hair removal."

Dr. Figni aims to advise her clients and provide the most appropriate treatment for them. "I recommend people to seek out a qualified medical professional for these types of beauty procedure, which are either not as effective or can go wrong if carried out by non-medical professionals."

Centro Activo's director, Tânia Machado (centre), said that the centre is constantly evolving and offering new services to its clients to improve their health and wellbeing.

"We also work with a number of insurance companies such as MediCare, among others," she said.

Aqua Pura – Keeps pools clean

Established in 1989 by Patrick Geraarts, Aqua Pura has grown to become a leading pool cover manufacturer and installer in the Algarve.

Having moved to the Algarve from Holland in 1978, Patrick decided to set up Aqua Pura following a successful 10 year stint managing a Jazz club in Lagos.

After more than 10 years since it first opened, Aqua Pura now installs pool covers across the Algarve, as well as servicing other areas.

The company's factory also has a fast and efficient turn over, being able to make and install a pool cover within 24 hours of the order being placed.

The material comes in big rolls from England and is then welded in the Aqua Pura factory to the exact width of a client's pool and finished off with smooth protective edges length wise and leading edge bars width wise.

To minimize the risk of tearing, the side opposite from the roller has a pulling cord fitted. This material allows us to cover practically any form of pool and makes the roll-off, roll-on operation quicker and simpler.



An ultra violet protective cover is also supplied to be used when the pool cover is rolled up.

One of the company's best selling products is the 500 micron grade solar bubble cover. It is made of high quality material with a special UV inhibitor, allowing it to be both durable and long lasting in the Algarve climate.

Satisfied clients of Aqua Pura have noticed the temperature of their pool water increase by up to eight degrees through the use of the pool cover, while evaporation rates have decreased by up to 95 percent and chemical consumption also fell.

Each cover supplied by Aqua Pura comes with a three year warranty. Until 31 December, Aqua Pura is also offering clients a five percent discount on installations.

:D-Concept Clinics, for genuinely happy smiles



At :D-Concept Clinics dentistry is a multi-lingual, state-of-the art affair perfected from nearly two decades of experience.

The brand-new clinic was established by Dr. Bruno Dootz and opened at the beginning of this year. Prior to the opening of :D-Concept Clinics, due to growing demand and a need for larger premises, Dr. Dootz founded the well-known Clínica da Barroca, in the historic centre of Lagos, which he ran for 17 years.

:D-Concept Clinics boasts the latest technology, its own laboratory and X-Ray facilities, and a dedicated team of leading specialists and professionals. However, there is nothing like experience to make a business prosper.

Specialised in treatments of gum disease and full mouth rehabilitation including implants, the clinic also covers with their team of specialists, with whom it has maintained long and reliable working relationships, the areas of orthodontics, cosmetic dentistry, minor surgeries and oral hygiene.

Dr. Dootz is aided by fellow general dental practitioner Dr. Carolyn Ellison, who before joining :D-Concept Clinics in 2003 ran her own practice in Southampton, UK. He is also joined by Dr. Endre Vari (orthodontist) and Paula Pinheiro (hygienist).

The team strives to keep on a par with advances in the dental world and, catering for various different nationalities, to satisfy the expectations of each different population. Many patients travel regularly from far away as Tavira and Lisbon.

Both Dr. Dootz and Dr. Ellison enjoy "finding the odd unusual case" but are safe in the knowledge they have the expertise to resolve any issue.

"Everyday is a challenge and I still get excited about going to work," Dr. Ellison explains.

Comprehensive treatment plans are provided and alternatives to suit different budgets found wherever possible. Each step and intervention is explained in a way that patients fully understand. English, German, Portuguese and French spoken.

This Week's profiles:



Centro Activo

For more information, please visit Centro Activo, which is open weekdays from 8:30am until 7:00pm and located in Edifício Europa, Rua Joaquim Agostinho Fernandes, Lote 1 in Alto do Quintão, Pontal, Portimão.

Alternatively telephone 282 422 104/964 196 396 or email: centroactivo.portimao@gmail.com.



:D-Concept Clinics

For more information or to book an appointment, contact :D-Concept Clinics on: 282 763 496, fax: 282 767 825, or email: dconceptclinics@clix.pt



Aqua Pura

For more information about pool covers, please contact Aqua Pura on Alternatively, visit the website, available in English at www.aquapura.com.pt.



unit. The reflective interior of the unit effectively re-radiates heat emitted from the ceramic elements, warming the body directly without the air in between being warmed.

Due to safe and long wavelengths of ceramic infrared technology, the Comfort IR provides a much more gentle delivery of heat to the outside area, unlike other types of heating, thus resulting in a more comfortable environment.

Ceramic technology boasts a significantly increased life span and completely safe for customers and staff, as there are no expensive glass bulbs to break or replace.

This technology is also not susceptible to any damage from high current surges, unlike glass bulb alternatives. Comfort IR offers maximum durability and delivers an impressive 10,000 hours of comfortable heating and is up to 90 percent cheaper to run than conventional gas patio heaters.



JJ Enterprises

For more information, please contact John Cowan on +351 938 168 354 or +351 967 516 981. Alternatively visit the websites, available in English at www.expatesential.com www.artiglass.eu.

Algarve Hashers say, 'On on to Queen Nan'

The Algarve Hash House Harriers had a special Tribute Run for our oldest hasher who passed

away peacefully in the UK at the grand age of 103 years. Queen Nan (she never carried any

money) was a lovely lady who hashed with us for a number of years. She was very popular with everybody and always enjoyed the odd beer at the hash and port with her meals. At 102 years she could still touch her toes even if she could not walk the hash. A lot of hashers were very upset as

they could not touch theirs even being 50 years younger than her. Queen Nan t-shirts were worn which showed Nan celebrating her 100th Birthday. She will be sadly missed by us all.

The Hash was held at Estômbar up in the hills overlooking the river. Spectacular scenery, good company, good food and a few beers - what more could you want.

The next hash will be on Sunday, 28 November 2pm at Alvor. If you would like to come and join us or to find out more about hashing please contact Sylvia on 91 8806044 (289 413854) or Mick 919518161.



Algarve Senior Bikers Group

Next meetings: **Friday, 10 December** - Festive season lunch at the Fatacil Restaurant in Lagoa at 1pm. Lunch for riders and non-riding partners.

Wednesday, 5 January - New Year ride to Ourique for lunch at the Restaurant Mundial

via Almodovar. Meet at São Brás de Alportel at 10am.

For details see our website: www.algarveseniorbikers.org or e-mail: booking@algarveseniorbikers.org to reserve your place, or phone David Shirley on 282444061 or 918421613.

Charities benefit from business fundraising

A raffle at the recent Portuguese Chamber of Commerce gala dinner held at Vila Vita Parc near Porches raised €1,350 for three Algarve charities.

Leading business executives from Portugal and the UK attended the event in the resort's stunning ballroom and their generosity will jointly benefit the Wolf Valley Charity Fund, which provides support to numerous needy causes in the Vale do Lobo area; Madrugada, which raises funds for people with life-limiting illness and provides palliative care in homes throughout the Algarve; and ACCA, which sup-

ports underprivileged children and their families in the region.

The raffle was hosted by Christina Hippisley, London-based General Manager of the Portuguese Chamber of Commerce, which exists to promote trading and business relations between Portugal and the UK, with prizes donated by a variety of top Algarve companies.

The main prize was at Vila Vita Parc's vineyard in the Alentejo, Herdade dos Grous. Other prizes included rounds of golf at Vale do Lobo and a Christmas Collection of flower arrangements from Suzannah's Flowers in Lagoa.

Pictured: Happy Charities. L to R. Christina Hippisley, Portuguese Chamber of Commerce; Alison Blair, Madrugada; Peter Geer, Wolf Valley Charity Fund; Wanda Crawford, ACCA; Katya Bauval, Vila Vita Parc.

Auction of Promises raises €4,200!

Almancil International Rotary Club (AIRC) held it's annual Auction of Promises Event last Saturday at the Restaurant Jardim do Vale in Almancil which had kindly sponsored the evening. There were more than 30 items for auction, all donated ranging from Champagne Dinners, Rounds of Golf, Go-Karting, Sightseeing Tours, Paintings to Hot Air Balloon Trips and much more. All items were bid for by the 60 people attending this event which raised in an atmosphere of great enjoyment and fun €4,200, the best Auction result so far. Items to be

purchased from the proceeds are designated to be for the charity UNIR (an association to assist mentally disabled adults in the Loulé area) and for the Scout Group (further details from Vanessa Santos 966463314 or e-mail: aep.almancil@gmail.com), which is being set up in Almancil.

Thanks also to Steve Rodgers for acting as a most entertaining auctioneer and to the AIRC Chair of Community Services Selma Cazes and event committee member Uschi Kuhn. For further details of AIRC see their website: www.rotaryalmancil.org or tel. 289 432 286.

Algarve Bike Rides

Saturday, 27 November: Bike Ride starting in Alfontes. We meet at Osbornes in Alfontes at 1.15pm for a 1.30 start. This will be a challenging ride on a mixture of dirt tracks and tarmac roads and there will be a café stop somewhere along the way.

Sunday, 28 November: Bike Ride starting in Salir, we meet on Rua. Manuel D'Eusebio at 09.45 for a 10.00 start. This will be a

mostly easy ride on a mixture of dirt tracks and tarmac roads and there will be a café stop somewhere along the way.

Wednesday, 1 December: Bike Ride starting in Moncarapacho. We meet by the cemetery at the western side of Moncarapacho at 12.45 for a 1pm start. This will be a mostly easy ride on a mixture of dirt track and tarmac roads. There will be a cafe stop somewhere along the way!

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook.



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Boots & Routes December Walk

The Boots & Routes December Walk is taking place on Saturday, 4 December - starting at 10am.

The Footpaths of Vale de Éguas

This leisurely walk will lead us through the quiet, narrow backstreets of Vale de Éguas and along footpaths through the fields, as we complete a circuit of the outskirts of this little village. Along the way, we will walk alongside small orange groves and enjoy the fragrant scent of the fields after a refreshing rain.

This is a two-hour walk over mostly flat ground. Please bring water, a light snack, sunscreen and hat, or rain gear, depending on the weather. Sturdy walking shoes recommended.

We will meet at the church car park at 9:30am and set off

promptly at 9:45am. If you prefer, you may meet us at 10am at the main roundabout at the entrance to Vale de Éguas, across from the Café Três Sobreiras. (There is plenty of parking just off the roundabout; please do not use the café car park.)

Walk Leader: Joy Hardwick (for additional information, please phone Joy on 915330081.)



Stories to: copy@theportugalnews.com

Algarve Bowls League

16 Nov. (Round 7) Greens Punish Sinners – Vikings Trample Nuts

Round seven took place mid week, in order to fit in with a very crowded playing schedule for all clubs and players. Albufeira Cats maintained their excellent table topping form by beating the Tavira Tigers by 83-42 and by eight points to nil. Alvor Greens kept up the pressure however, by defeating the PDF Sinners by 82-30 and also collecting eight points to nil. The third team currently in good form are the Valverde Vikings, who also took the full eight points off the Amendoeira Nuts by 73-30.

Alvor Amigos were at home to the Valverde Vulcans and also returned to winning ways by 69-36 and were also the fourth team to take the full eight points on offer. Alvor Harlequins have been showing good form recently and continued this with a 63-31 home win over the Pedras Panthers. Harlequins took six points to two. Finally, Alvor Gladiators chalked up their third good victory in a row by defeating the PDF Crusaders 66-43 and by six points to two.

20 Nov. (Round 8) Maximus for Greens and Cats – Vikings and Harlequins Slow Down

Heavy rain gave way to bright sunshine to enable the matches to be played this Saturday. Greens

chalked up their fourth consecutive maximum eight points, this time against the Pedras Panthers by 61-42. Albufeira Cats however recorded yet another full house, defeating Alvor Amigos by 86-28, Third placed Valverde Vikings were away to Tavira Tigers and won a close game by 59-50, although they had to share the points four each. PDF Crusaders have careered up and down the table this season and moved upwards again this week by pounding the Amendoeira Nuts 69-35 and taking all eight points. PDF Sinners were also at home and had a very close match against the high flying Harlequins who managed to win by 53-51 and by five points to three. Finally, Alvor Gladiators recorded their fifth straight victory, defeating Valverde Vulcans by 67-36 and by six points to two.

After a hectic week of play, Cats remain top with 52 points, a single point ahead of the Greens with 51. Vikings are third with 46. Harlequins remain in touch with 42 points, whilst Crusaders improve to fifth on 38. Gladiators also move up to sixth with 34, followed by Amigos with 31 points. Pedras have 28, Tigers have 21 and Vulcans are on 16 in tenth position. The valiant Sinners edge off the bottom slot, now with 13 points, changing places with Nuts who have 12. Alan Clarke – League Director

Algarve Junior Choir already rehearsing Christmas carols

This year however they are involved in not one, but three shows for two different charities. Their first Christmas performance is a part of the Christmas Cracker Show which is due to take place on 4 December at The Holiday Inn, Armação de Pêra. The show is in aid of The Central Special Needs Holiday Centre in Moncarapacho.



The Algarve Juniors rehearsing.

Heavenli Denton their coach said "It's absolutely fantastic that the children are giving up their time and supporting these special charities at Christmas time, after all it is a time of giving and receiving".

Subsequent performances will include both song and dance; taking place at Vale do Lobo Auditorium 5 December (3pm) and at

Vila Sol Hotel, Vilamoura, 8 December (3pm), both in aid of ACCA, for their Spirit of Christmas Fairs.

The children, who are aged from 6-12 years have encompassed the spirit of Christmas in rehearsals and have been concentrating on their performance techniques and skills to engage their audience. Taught by former pop star and recording artist with over ten years experience in the music industry they are well on track to be stars of the future.

The Algarve Juniors are based at Fitbods on Saturdays and will soon be relocating to the International School São Lourenço. If you are interested in your child taking part in the Christmas performances as part of the Algarve Juniors. Call Heavenli on 914 975 108

Christmas Fair at the Museum

On Sunday, 5 December at 11.00-16.00h, free entrance to the Christmas Fair at the Museum in São Brás de Alportel. A must for everyone, whatever their nationality, to come and see, taste and buy some traditional Christmas goodies.

On sale will be bread, cakes, cookies, jams, jellies and marmalade, good wine and even some smoked trout. Gifts galore for lovers of jewellery, handy 'anything and everything' stall for those still looking for a Christmas bargain. Last but not

least, in the true spirit of Christmas, a bric-a-brac stall as well as a grand raffle, with all proceeds going to help animals in need in the many shelters in the Algarve.

This bazaar cannot be missed so please note down the date and time in your diary now. We look forward to welcoming you with your friends and family. Let's make it a great Sunday afternoon!

Contacts: Amigos do Museu, Rua Dr. José Dias Sancho, N° 61, 8150-171 São Brás de Alportel, www.amigos-museu-sbras.org, TM: 966 329 073.

Horses for causes

The Country Riding Centre in Silves is currently collecting items to help the Loulé-based children's home 'Os Miúdos', in the run up to Christmas. Os Miúdos has reached its maximum capacity, currently housing 12 children, the youngest is two and the oldest only nine years old. It is always in need of food, toiletries, good quality clothes, toys and children's DVDs.

If you feel you can help, then please bring along anything you can to the drop off point at the Country Riding Centre in Silves, until 18 December.

Non-perishable foods such as semi-skimmed and full fat milk, biscuits, pasta, tuna, rice, salt, sugar, flour, cereals, tinned tomatoes, oil, olive oil and beans are welcome as well as toiletries such as children's shampoo and conditioner, toothpaste, tissues, toothbrushes, shower gel, toilet paper, wet wipes and nappies sizes 5 and 6.

New school stationary such as pencils, crayons, paints, brushes and more as well as toys and clothes for ages 2 to 12 are also needed at the home.

Once all of the donated items have been collected, the riding centre will host an activity day on 18 December to raise extra funds and organise the parcels for the children at the home, helping to make their Christmas extra special.

"There will be fun and games for everyone," said Martina, who runs the Riding Centre with her partner Steve.

In the New Year, Martina and Steve are planning to invite the children from Os Miúdos to spend a day at the riding centre. "We have this wonderful facility, and we want to offer all of the children a chance to come and visit us to learn about and interact with the horses."

For more information about the collection and open day, please contact Martina on: 917 976 992 or Steve on: 913 510 530. Alternatively, visit their website, available in English at: www.countryridingcentre.com or e-mail: info@countryridingcentre.com. The Country Riding Centre is open Monday to Saturday from 9:00am until 1:00pm and from 3:30pm until 7:00pm.



The Country Riding Centre in Silves

Berlin 'Air Lift' for dogs

Nestling amongst the pine trees on a hillside just north of Ayamonte is the Asociación Protectora de Animales de Ayamonte. The centre is a temporary home to many abandoned dogs, kittens and cats. Last year over 400 dogs were successfully adopted with many of them going to Germany. On average, thirty animals per month travel by van whilst, thanks to Air Berlin, some fly to their new homes. Last week a bitch and her five puppies together with two kittens were winging their way from Faro to Düsseldorf. Centre Manager Phil Wren said, "We are extremely grateful to the cabin crew of Air Berlin who freely give up some of their days off to accompany the animals to their new homes."

If you feel you can help please contact Phil Wren on (00 34) 693 543 665 or e-mail: wrenphil@yahoo.com. The website is: www.hunde-aus-andalusien.de. In Portugal you can contact Maureen Edmunds on: 959 053 615 or e-mail: mo_b.unique@btinternet.com.



The dogs in Ayamonte wait patiently.

International Tango Stars to perform in Grand Night of Variety



Tango stars Clo and Alison

This year internationally famous dancers Clo and Alison have volunteered to perform in the art they specialise in - the most exciting and addictive discipline 'The Argentinean Tango.' The couple, have appeared at some of the most prestigious venues in the world, including: The Royal Albert Hall, Sadler's Wells Theatre, The Ballet Rambert and The Moulin Rouge, to name but a few. They have also appeared with Madonna in 'Evita', 'Alice Cooper', the 'Orchestra Sinfônica Brasileira OSB', and much more.

The Lagoa Council are donating the use of the comfortable air-conditioned Auditorium for the show once again and many hard working professionals are giving freely of their time, which is why the organiser's continue to stage the Grand Night of Variety charity shows each year.

The local voluntary fire and ambulance services are the chosen charity and proving to be a popular service to support showing how very conscious residents are of the invaluable work they do in the community.

Along with Tango Argentina the Grand Variety Show compered by Ian Carfrae will also be presenting The New Orleans Jazz Band playing Dixie, popular singer and guitarist Daryl Bye, The Stars Dancers' and classical pianist Silvia Smemni will be accompanying violinist Bernard Schluender and baritone soloist Trevor Herrington.

There are other artists still to be confirmed and during the

show a prize raffle will be called.

Representatives of the Lagoa Bombeiros will be present on the night so safety is assured and you can become a member or collect a form to join should you wish. Annual donations would greatly support their work and entitle you to many benefits.

If you are unable to attend but would like to support the evening why not donate a gift for

the raffle? Please e-mail: jenny.grainer@sapo.pt

Don't forget to book your seats for the 4th Grand Variety Show on Sunday, 5 December Tickets cost €12 and can be booked on: 282 789 608 or e-mail: susi.b@hotmail.com. Doors open for collection of tickets from 7pm show starting at 8pm - in aid of the 'Bombeiros Voluntários de Lagoa.'

Add your events

Event
Calendar

www.theportugalnews.com

More Community News stories on pg. 58

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PREVIEW

SOUTH - Coppelia Ballet

Swanilda is engaged to Franz, but he is enchanted by a girl he sees every day, reading in the window of the house of Doctor Coppellius, the old toymaker. Swanilda swears to take revenge. She goes into the house of the Doctor and realises that Coppelia is a doll. She puts on her clothes and pretends to be the doll. The Doctor thinks he has managed to bring the doll to life when Swanilda dances. Franz breaks into the house looking for Coppelia and finds Swanilda. The truth comes out and the wedding of Swanilda and Franz is celebrated.

18 December at Faro Teatro das Figuras from 9.30pm. Call 289 888 110.



CENTRE - Lady Gaga

Stefani Joanne Angelina Germanotta who performs under the stage name Lady Gaga, is a singer, songwriter and musician from New York City, New York. Before Gaga adopted her stage name she was in a band called Stefani Germanotta Band. She released her first EP, "Red and Blue", in early 2006. The following year, music producer Rob Fusari dubbed her Lady Gaga, inspired by the Queen song "Radio Gaga". After this she recorded her first two songs as Lady Gaga (Fever and Wonderful) on Def Jam records, but was later let go. And the rest as they say, is history.

10 December at Pavilhão Atlântico from 8.30pm. Tickets from €50.



UP AND COMING CONCERTS

DECEMBER

HERBIE HANCOCK 7 Dec at Campo Pequeno, Lisbon from 9.30pm. Tickets from €22.

DEFTONES & TRICE 9 Dec Campo Pequeno, Lisbon from 8pm. Tickets from €30.

LADY GAGA & SEMI PRECIOUS WEAPONS 10 Dec Pavilhão Atlântico, Lisbon from 8.30pm. Tickets from €50.

CORSAGE 11 Dec Santiago Alquimista, Lisbon.

30 SECONDS TO MARS 16 Dec Pavilhão Atlântico, Lisbon from 8 pm. Tickets from €28.

MGMT & AMITH WESTERNS 18 Dec Campo Pequeno, Lisbon. Tickets from €30.

JANUARY

DEOLINDA 29 Jan Coliseu dos Recreios, Lisbon. Tickets €15.

THE YOUNG GODS 30 Jan Santiago Alquimista in Lisbon.

FEBRUARY

RODRIGO LEÃO 5 Feb at Coliseu dos Recreios, Lisbon.

SKUNK ANANSIE 7 Feb Coliseu, Oporto from 9pm.

Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viva, Tickettle or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Tickettle 707 234 234 / 707 780 000

NORTH

DANCE

Cinderella until the 29 November at Balleteatro Auditorium in Oporto. Call 225 508 918.

EXHIBITIONS

The Tale of Abel Salazar until Saturday, 27 November at Museu Nacional Soares dos Reis on Rua D. Manuel II in Oporto.

Porto Multiplos exhibition of serigraphy about Oporto at Restaurant Via Garret until 30 November.

Photographs on a Journey by João Tuna at Teatro Nacional São João in Oporto until 18 December.

Look Up! Natural Porto art Show about Oporto architecture and design throughout the city of Oporto until 19 December. Visit www.lookupporto.com for more information.

Bodies Revealed at Congress Centre of Alfândega in Oporto until 31 December.

Lomography Holidays 2010 until 1 January 2011 at the Lomography Embassy in Oporto. Visit www.lomografiaportugal.com

It's Not My Fault sculptures at Berardo Modern and Contemporary art museum until 9 January 2011.

Let's Talk About Houses Berardo Modern and Contemporary art museum until 16 January 2011.

Fragments at Berardo Modern and Contemporary art museum until 23 January 2011.

FAIRS

Architectural Flea Market on Saturday, 27 November at edifício Parnaso, music and dance school on Rua Nossa Senhora de Fátima. Call 934 434 879.

Digital Artes Festival until Saturday, 27 November at Universidade Católica e Passos Manuel in Oporto. Call 226 196 200.

THEATRE

Caderneta dos Cromos Live on Saturday, 27 November at Coliseu in Oporto from 9.30pm. Tickets: from €15.

The River Guardian at Palmilha Dentada Theatre in Oporto until 3 December. Tickets: €10.

ALMANCIL INTERNATIONAL ROTARY CLUB and ZONDA invite you to our

Christmas Market

Saturday the 4th of December
from 11 am until 5pm on EN125, 700m from the 4 Estradas in the direction of Vilamoura.

Come and Taste:

- Hot home-made soup
- Grilled German sausages
- Variety of Cakes
- Steaks
- Coffee
- Wine, Beer and soft drinks
- Glühwein & Schnaps
- more

Come, see and buy:

- Books and Bric a Brac
- Clothes
- Flowers and Plants
- Jewelry
- Soaps
- Home-made Jams
- Variety of Teas
- Home-made sweets

Music and entertainment with
Georgy – The Organ Grinder.. and others
Participate in a Bake a Cake Competition
judged by 'O Melhor Bolo do Mundo'
Bring your cake at 12pm



Contact

Uschi on 916 357 718
Selma 916 189 983

CENTRE

CHILDREN

Vila Moleza on 3 December at Pavilhão Atlântico from 7.30pm. Tickets: from €17 in aid of A Aventura dos Piratas

Mae-Mão Show show aimed at children from 6 months to 3 years until 27 November and then from 13 to 22 December at Cascais cultural centre. Tickets: €5. Call 915 816 108

Fashion Training for children running until February at FRM Formação Aldeia do Juso in Cascais. Call 963 956 541 or visit www.frm-formacao.com

COMEDY

Sex? Yes Please until 27 November at Teatro Independente in Oeiras from 9.30pm.

EXHIBITIONS

Africa: See You, See Me! until 28 November at Belém Cultural Centre. Call 218 170 828.

My Lisbon by Jacinto Luís until 30 November at Lisbon Casino.

Jacinto Luís paintings at Estoril Casino in Lisbon until 30 November, from 3pm until midnight. Call 214 667 700.

A Prieto e a Cores by Alexandra Prieto at Pálacio Boullosa on Rua Júlio de Andrade in Lisbon. Call 218 853 680.

Casa-Carrossel by Fátima Medonça until 31 December at Gallery 111 in Lisbon. Call 217 819 907.

Bicos by Eduardo Batarda until 31 December at Gallery 111 in Lisbon.

Regis Gonçalves paintings until 4 December at Galeria Colorida on Rua Costa do Castelo in Lisbon.

School at Gulbenkian Foundation in Lisbon until 19 December. Entrance is free.

Moçambique at AAAIO at Largo da Luz in Lisbon until 31 December. Call 214 351 054 for more information.

Professores diverse exhibition by several artists at Gulbenkian Foundation in Lisbon until 2 January, 2011. Entrance €4.

Let's talk about Houses architectural exhibition until 16 January, 2011 at Cascais Cultural Centre.

Res Publica at Gulbenkian Foundation in Lisbon until 16 January, 2011. Entrance €4.

Century XXI until 27 February at Arte Centre in Oeiras. Call 914 111 400.

MUSIC

Tony Carreira Saturday, 27 Pavilhão Atlântico, Lisbon from 10pm. Tickets from €15.

Imogen Heap on Sunday, 28 Nov at Lisbon Aula Magna from 9pm. Tickets from €25.

Parkway Drive on Sunday, 28 November at Santiago Alquimista, Lisbon from 9pm. Tickets from €20.

Nu Soul Family on 29 November at the Lisbon Casino. Entrance is free.

Alice Cooper Monday, 29 November Campo Pequeno, Lisbon from 9.30pm. Tickets from €27.50.

James Walsh Tuesday, 30 November Santiago Alquimista, Lisbon from 9.30pm. Tickets from €20.

Chromatics Thursday, 2 December at Lux Lisboa from 10.30pm. Tickets from €20.

James Friday, 3 December at Campo Pequeno, Lisbon from 10pm. Tickets from €25.

SPORT

Estoril Surf Festival until 28 November at Praia de São Pedro in Estoril and Praia do Guincho.

Cascais Dragons Winter Series from Friday, 3 December until 5 December at the Cascais, Estoril bay.

THEATRE

The Importance of Being Earnest by the Lisbon Players on Thursdays, Fridays and Saturdays until 11 December from 9:30pm and a Matinee on Sunday, 5 December from 4pm at Estrela Hall Theatre on Rua da Estrela in Lisbon. Call 213 961 946 or visit www.lisbonplayers.com.pt.

A new joint venture.....

Christmas Fayre 2010

Barlavento English School, Saturday, 27th of Nov, 10.30am to 2.00pm

New and used books, ladies fashion, plants, home produce, cards, paintings, games, tombola, Father Christmas, mulled wine, raffle and much, much more. Free entry.

By kind permission of the staff at Barlavento English School

Esplanade, Eixo 125, Parque da Cidade, Barlavento English School, 8100-125 Lisboa

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SOUTH

BALL

St. Andrews Society Algarve on Saturday 27 November from 7pm. Music By Sounds of Islay Ceilidh Band at Le Meridien Hotel Penina in Portimão. Tickets: €36 for members €38.50 for non members. Call Kathy on 919 635 279 for tickets.

CINEMA

Black Night Film Festival until 5 December at Tavira cinetheatre. Tallinn Black Nights Film Festival is a unique event combining a feature film festival with the sub-festivals of animated films, student films and children/youth films. The festival aims to present audiences a comprehensive selection of world cinema in all its diversity with the emphasis on European films, providing a friendly atmosphere for interaction between the audience, Estonian filmmakers and their colleagues from abroad. Tallinn Black Nights Film Festival consists of the main programme, four sub-festivals, as well as film and co-production markets.

CHILDREN

Animals and Us on Saturday, 27 November – horse and donkey rides at Rua David Gonçalvez Vieira, Aldeia Nova da Boavista in Portimão. Call 282 480 730.

DANCE

The House on Saturday, 27 November and Sunday, 28 November at Faro Teatro das Figuras from 9.30pm. Tickets: €4. Call 289 888 110.



Scottish Country Dancing every Monday evening at the International School of the Algarve, Porches, from 7.30pm to 9.30pm. Call Mardie Cunningham on 282 356 029 or e-mail mardie@sapo.pt.

EXHIBITIONS

Military Operations exhibition at Lagos Regimental warehouse until 29 November. **Jeanne Peucherin** paintings at São Brás de Alportel municipal gallery until 30 November. Call 289 841 959. **Olhar Estaco** (photography) by Carlos Medeiros at Zem Arte gallery in São Brás de Alportel until 30 November. **NECI Art Exhibition** organised by Dra. Maria Eduarda Santos



Painting by Carlos Frausto for Neci

NOTE Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@theportugalnews.com by Tuesday before publication. For more events, visit our calendar on www.theportugalnews.com.

in the old Câmara Municipal Building in Praça Gil Eanes, Lagos. Art by NECI artist Carlos Frausto, supporting artists, Lilla Radocz, Amanda D'Eça, Bernardete Bispo, Arez Viegas, Tina Gonçalves and David Haines until 31 December.

Paintings, sculptures, ceramics and hand-crafted items for the home created by 35 international artists. Current exhibition at Corte-Real gallery in Paderne, includes American artist Jeanine Leclaire, Member of the Pennsylvania Academy of Art. Until 31 December. Open Thursday to Sunday 11am until 5pm. Call 918 980 199 or 912 737 762.

Shintaro Nakao at São Lourenço Cultural Centre in Almancil until 1 December. Call 289 395 475.

Golf Stream at Vilamoura Estrada da Albufeira, Aldeia Hípica until 12 December. Free entrance.

Mikki F Arab influences at Café Inglês in Silves. Call 282 442 585.

Habits and Customs of Monchique at Parque da Mina in Monchique until 31 December. Call 282 911 622. **100 Anos da 1ª República em Tavira** at the Music Academy of Tavira. Ongoing until 31 December. Call 281 320 500.

Ten Monumental British Sculptures Exhibition at Cerro da Vila Roman Archaeological Centre in Vilamoura until 31 December. Entrance: €5. Call 289 312 153.

Letters and Colours, Ideas and Authors of the Republic at Tavira library until 31 December.

Estados D'Alma by Eduardo Dias at São Brás de Alportel gallery until 31 December. Call 289 840 000.

Amália meu Amor paintings by 18 artists at the Galeria Santo António in Monchique until 9 February. Call 282 913 130 or 925 004 051.

City and Rural Worlds at Tavira museum and Palácio gallery until 16 June, 2011.

FAIRS

Sweet Potato Fair until Sunday 28 November at Aljezur Multiusos centre.

Wedding Fair on Saturday, 27 November and Sunday, 28 November at Vila Sol Resort in Vilamoura. Call 289 320 320.

Solidarity Fair on Saturday, 27 November and Sunday, 28 November at São Brás de Alportel pavilion. Call 289 841 000.

FAIRS

MUSIC

La Chanson Noire on Saturday, 27 November at FNAC Guia, Algarve from 5pm. Free entrance.

Slimmy on Saturday, 27 November at FNAC Guia, Algarve from 10pm. Free entrance.



Orquestra Filarmonia das Beiras on Saturday, 27 November at Lagos Cultural Centre from 9pm, part of the Cultural week celebrations.

Accordionist Festival on Sunday, 28 November at São Brás de Alportel at Cine-Theatre from 3pm.

Lagos Choral Group on Sunday, 28 November at Lagos Sto António Church from 5pm. Entrance is free, as part of the Cultural week celebrations.

Schumann Recital by Francisco Brazão and Francisco Sassetti on 1 December at Lagoa auditorium from 6:30pm. Call 282 380 473. Tickets: €8.

The Evidence the popular band will play music from the fifties and sixties on Thursday, 2 December at the Silves Cine-Theatre club (the old Silves cinema) from 8pm. Tickets: €8. Call 282 330 242.

Allgarve Winter Jazz on Friday, 3 December Peter King and Lagos Jazz Orquestra and Saturday, 4 December Cindy Blackman Quartet at Gambelas campus in Faro from 9.30pm. Call 960 041 786 or 289 822 005. Tickets: €20



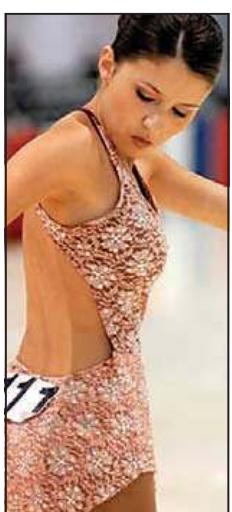
Michael Jackson tribute show daily at Portimão, Loulé and Monte Gordo Casinos from 10:30pm. Call 289 310 000.

New Orleans Jazz Band at Casa Inglesa restaurant in Portimão every Thursday. Every Saturday at Tivoli Hotel in Lagos from 8.30pm. Call 935 086 365 or visit www.algarvejazz.com.

SPORT

World Championship in Artistic Roller Skating until 4 December at Portimão Arena.

Bowls Crown Green and Lawn Bowls at Amendoeira. Crown Monday and Thursday, Lawn Tuesday and Friday. Start 10am. All welcome, non members pay €8. Call Peter Clarke 966 169 747 (Crown), Peter Moss 961 165 478 (Lawn).



THEATRE

Art Comedy until Sunday, 28 November at Tavira Espaço da Corredoura in Tavira from 9.30pm.

Grand Night of Variety on 5 December at Lagoa Auditorium in aid of the Lagoa fire department. Tickets: €12. Call 282 789 608.

WORKSHOPS

Floral aromatherapy on Saturday, 27 November from 2.30pm at the Centro Tibetano in Faro. Call 289 827 822.

CARBOOT SALES

Vila Real Santo António on Saturday, 27 November next to tourism office.

Lagoa on Sunday, 28 November at Fatacil venue.

Lagos on Sunday, 28 November at Barão de São João multipurpose sports facility.

Calicós in aid of the Abandoned Animals Centre, first Saturday of the month at Calicó Park near Vila Nova de Cacela.

Carboot and carvery lunch every 4th Sunday of the month at the Quinta da Fonte do Bispo. Call Cas on 281 952 808.

MARKETS

Loulé on Saturday, 27 November near convent.

São Brás de Alportel on Saturday, 27 November at fairground.

Tunes (Silves) on Saturday, 27 November at Rua 1º de Maio.

Pereiro (Alcoutim) on Sunday, 28 November opposite the Church.

Rogil (Aljezur) on Sunday, 28 November near parish building.

Quelfes (Olhão) on Sunday, 28 November near the EB1 school.

Santa Catarina (Tavira) on Sunday, 28 November on Rua 1º de Maio.

ALGARVE CHRISTMAS PREVIEW

FAIRS

Barlavento Christmas Fayre Saturday, 27 November at the Barlavento English School, Espiche, near Lagos. From 10.30am to 2pm. Free entry. Call 969 078 620 or 918 966 015.

Côrte-Real Spirit of Christmas Fayre on Saturday, 27 November and Sunday, 28 November in aid of Madrugada charity. Entrance: €2 including a complimentary glass of mulled wine. Call 912 737 762 / 918 980 199.

Fair at Barlavento English school on Saturday, 27 November in aid of Madrugada charity.

Solidarity Fair with rides for children, food, crafts and much more, supporting local charities from 1 to 23 December at Forum Algarve in Faro. Tickets: €1. Visit www.efeiodeeventos.com.

Spirit of Christmas fair on 1 Dec at Ocean Atlântico in Portimão. 8 Dec at Vila Sol Hotel in Vilamoura (see advert on page 14).

ArteNata from 3 until 5 December in Ferragudo, featuring a variety of stalls.

Xmas Bazaar on 4 December at the Mercado da Ribeira, Tavira from 10am to 1pm. Stalls include books, clothes, jewellery, greetings cards, Bric-a-brac, cakes and chutneys. Donations of good quality clothing and bric-a-brac, call Cynthia on 281 324 795 or Pat on 281 323 493. Event organised by the Tavira Fund Raisers to help support the canil at São Francisco, Loulé.

Vale Verde International School Christmas Fair on Saturday, 11 December. Free admission. Santa's Grotto, bouncy castle, games, sports, raffle, prizes, food, mulled wine, dance performances and more. Located on EN 537 in Burgau from 2pm - 5pm. Contact Person: Blaine Harris at blharris@vvis.com or 282 697 205.

Christmas Craft Fair 11 December from 10.30am to 3pm at Silves cine-theatre.

Castelo de Sonhos Fair on 11 December from 10.30 to 3 pm at the old cine theatre in Silves. Lots of stalls, including paintings, crackers cards, calendars and ideas for Christmas gifts. Knitwear many other attractions. Also we have Tony from the As Aves smoke house where you can buy or order goodies for now or Christmas, and Wendy with cheeses chutneys and preserves. All profits will be donated to the Castelo de Sonhos. At the moment the Castelo are struggling to provide nappies (any size) to the many babies of families that are registered with the charity. Bring anything that you can with you to help the charity.

Abandoned Animals Centre Christmas party 17 December from 8pm to 1am at Ayamonte Tennis Club. Tickets: €10 including buffet. Call 281 952 808 or 959 083 615 (Spain).

Holiday Inn Christmas Programme from 23 until 27 December at the Holiday Inn in Armação de Pêra. See advert on page 19.

Valverde Christmas Dinner on 25 December and New Years Dinner Dance on 31 December. See advert on page 19, call 282 789 474 or 962 541 124.

THEATRE

The Angels Christmas Cracker Show songs, comedy, drama and festive fun on Saturday, 4 December at Holiday Inn, Armação de Pêra. Tickets: €29 including seasonal buffet and drinks 282 320 260 or 966 086 181. Visit www.hialgarve.com or www.theangelsatetheatregroup.com.

Bug Humbug! by the Aperitivo Theatre Group on 10 and 11 December: São Brás museum (call 966 329 073). 15 December: at Holiday Inn in Armação de Pêra (dinner theatre call 282 320 260)

GRAND NIGHT OF VARIETY
One stupendous night only

A vast array of spectacular artists who will thrill and amaze you

Auditório de Lagoa

Sunday December 5th
Bar opens 7.00pm
Commences 8.00pm
Book Now!
Tickets €12.00
Tel: 282 789 608
email: susi.b46@hotmail.com

Benefit Night Bombeiros Voluntários de Lagoa

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Poetry or Poetastry

SIR, When it comes to poetry I am not competent to argue the toss about much of what John Clare has written on the subject but it is clear that the understanding of poetry is very subjective and means quite different things to different people. Many, like me, look upon rhythm and rhyme as the most essential parts of poetry and without them it is just prose. Others, like JC, say it can take any form a poet wishes. For most of us, however, it can be difficult to distinguish between a genuine free-verse poem and a string of seemingly random words and disjointed sentences. As someone once quipped: "Definitely a poetry form for one who likes to march to the beat of a different drummer!"

As the traditional form of Japanese Haiku and Senryu poetry consists of 3 lines, (the first and last of which have 5 syllables and the second seven), I don't see how JC's two-liners can be examples of either. Another instance of poetry being whatever the writer considers it to be?

Whenever someone claims to have written a book I am reminded of the prolific writer James Michener's sardonic comment: "A book is not a book until it is published and read." And what is Westheimer doing bragging about not paying a well-earned parking fine?

RON LAVERY, By e-mail

Re: Haiku, Tanka and Senryu

SIR, Haiku: 5-7-5, syllables, is

usually about the seasons e.g.
 'A Japanese garden
 Where tiny trees are pruned
 The sun never sets'

Senryu, also 5-7-5 syllables, is usually more irreverent e.g.
 'Love sits on a wall
 Watching people walking by
 Attacks naïve eyes'

Tanka: 5-7-5-7-7 can be about any subject e.g.

'The mermaid's sister
 Does not keep her fishtail on
 Whisky on the rocks

Drinks in posh nocturnal bars
 Promise naïve men...a 'good time'

In the English language these forms are not strictly adhered to anymore, so a Haiku can go like this:

'Snow
 Seldom falls
 In the Algarve'

J. OSKAR HANSEN, By e-mail

Capital Gains Tax

SIR, We are all aware that the Portuguese government are in serious trouble with the financial state of the country. No doubt they will expect the EU to bail them out. No doubt the government are pleased that they are part of the EU, however it should be pointed out to them that if they wish to benefit from the EU they must comply with EU law.

One area in which they do not comply with the EU is that they restrict the free movement of Capital. An example of this is in the area of Capital Gains tax on the sale of property. They persist in having two rates of Capi-

tal Gains Tax. One for the resident and the other for Non residents.

In early 2008 they were informed that this practice was in violation of EU rules. The case in question, I quote, "The European Court of Justice issued a judgement in Erika Waltraud Ilse Hollmann v. Fazenda Pública (C-443/06), finding that Portugal's differing capital gains tax treatment of residents and nonresidents who transfer Portuguese immovable property violates the EC Treaty principle of free movement of capital."

I have discussed this with solicitors and financial advisors, in Portugal, and they are either unaware of this which can only mean that the Portuguese Government is quite prepared to ignore EC law.

It is high time that the Portuguese Government obeyed EC law. This is the moment that the EC should ensure that the Portuguese Government comply with the EC law and that if they do not then no future aid will be granted.

W. DAVIDSON, Sobradinho

Parking in the Wild West

SIR, Did I get this right? Your contributor, Pat Westheimer, got a parking ticket for parking on the pavement and didn't feel like paying the fine because she had got away with doing this before. She walked to her nearest nick where two policewomen outside directed her "in bad English" to the Town hall. As the two police-women had been smoking she did not take their word for it and accosted a male uniformed officer for sensible information, in English. He advised her to go to the courthouse but when she looked puzzled he told her to put her ticket in her pocket and forget about it.

It's always fun to read Pat's articles. Unembarrassed, she gives us fascinating glimpses into

the very special world she inhabits. This week we have an American expat, longtime resident of Cascais, who gets a valid parking ticket and unashamedly feels indignant to the extent of haranguing the local police force in her own language. As she didn't even know the whereabouts of Cascais courthouse (5 minutes drive/15 minutes walk from the nick) it is not surprising that the male officer told her to get lost, in other words. Certainly, he assumed this lady was a tourist who would soon be scooting off home. Pat had better retrieve that naughty old ticket and get along to her nearest Multibanco machine or she may one day find out where the courthouse is.

We learn that Pat got a ticket because "that day, Cascais police decided to work". Normally, Pat's rantings can be laughed off but this one is staggeringly insulting. She is implying that most days, they don't work. The crime rate in Cascais is high. Dealing with foreigners contesting their parking tickets is not part of their job and is not helping them fight it. By the way, having a fag break outside the copshop is not illegal. Parking on the pavement is.

Although many police officers in Portugal speak English, fluency is not a job requirement. However, there is a Tourist Police shop in the centre of town where officers will be happy to oblige in a variety of languages. I just wonder if any cop in Baltimore would deal with a member of the public in "bad" Portuguese. Might his hand hover above his gun while he tries to work out what this Un-American person wants from him? Hahaha - only kidding, Pat!

SHELagh FERREIRA, By e-mail

We have received the following letter from The Anglo-Portuguese Society (9 November

2010):

'Death Announcement'

SIR, Although some of you may already be aware, it is with great sadness that I have to advise you of the recent untimely death on Saturday, 25 September 2010 of our long-standing Secretary to the Society; Ann Waterfall. She was involved in a dreadful car accident a week earlier from which she never recovered.

Ann had been Secretary of the Society for nearly 19 years, over which time she had given unstinting service to the Society. Many of the members knew her personally and will be deeply shocked by this news. Ann was the lynchpin of the administration of the Society and her personal involvement, dedication and unfailing kindness and support will be sorely missed.

Roger Westbrook, a former Chairman of the Society has written this tribute to her:

There is not a single member of the Anglo-Portuguese Society who will not mourn the deeply sad passing of Ann Waterfall.

For many years, she worked tirelessly and devotedly to ensure the success of each and every one of the Society's events. It is no exaggeration to say that Ann's efforts, from her eyrie high in Canning House, secured the very survival of the Society. All that, we remember with gratitude and admiration. But, much more than that, we remember Ann's gift for friendship. Whenever you met Ann, you were greeted with spontaneity and vivacity, with care and with sheer warmth of human kindness. We will miss her more than words can say.

That however, must not be the end. We must all work to ensure that the Anglo-Portuguese Society remains a living and lively institution: that would be Ann's wish and that must be her memorial.

In light of the present situation the Executive Committee has decided to postpone the Annual Dinner Dance this year to the New Year, and arrangements are being made to have it in Spring to welcome the new Portuguese Ambassador. As soon as a date is agreed we will notify you.

BEN MILLINGTON BUCK, Chairman, The Anglo-Portuguese Society, London, UK'

This and that

SIR, "Inconsistent weather" shouts the headline on page 4 (The Portugal News, 13 Nov). The first sentence then reads: "Portugal suffered a wetter and warmer than average October this year ..." The fourth paragraph begins: "The air temperature on the mainland was just below average throughout the month ..." Sure thing! That's inconsistency for you.

I love the online drink-driving calculator. It's so easy to use. But if you can't remember the URL does that mean you're over the limit?

For those who like a laugh here is an American political slogan sent to me by a friend. 'Politicians are like diapers, they should be changed frequently, and for the same reason.'

Now for the important stuff. We are told that the Casa Pia trial could reopen, apparently because an offence was supposed to have been committed on a weekday, not at the weekend.

I've got this argument with my neighbour, and I'm told the best course of action is to buy and gun and shoot the blighter. That's the Portuguese way, apparently. My question is: should I shoot him on Wednesday, or Sunday? Which day gets me the least years in prison?

JOHN CLARE, Arão

Portuguese for All

Emília Rosendo

Today's lesson deals with the formation of the *Pretérito Imperfeito do Conjuntivo* (*Past Subjunctive*) of a regular verb in *-ER*.

COMER is the infinitive or the name of the verb. It is made up of a stem, **COM-** and an ending, **-ER**. To conjugate a regular verb in *-ER* in *Pretérito Imperfeito do Conjuntivo* we need to know what endings are required.

COM	ER
eu	com
tu	com
ele	com
ela	com
você	esse
nós	com
elos	essemos
elas	com
vocês	essem

Eu comesse
Tu comesses
Ele comesse
Ela comesse
Você comesse
Nós comêssemos
Elos comessem
Elas comessem
Vocês comessem

① Put in the *Pretérito Imperfeito do Conjuntivo* of the verbs in brackets.

a) Era uma boa ideia se você _____ (*acender*)

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www.theportugalnews.com. Send it/them as an attachment(s) via e-mail to: lessons@theportugalnews.com. Emilia Rosendo will then correct and return to your e-mail address.

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THIS LESSON:
 Regular verbs in "-ER" in
*Pretérito Imperfeito do
 Conjuntivo.*

a lareira. Está tanto frio!

b) Era bem provável que ela _____ (*emagrecer*) se não _____ (*comer*) tantos doces e não _____ (*beber*) tantos refrigerantes.

c) O que é que vocês faziam se _____ (*receber*) uma herança inesperada?

d) Eu expliquei detalhadamente as instruções à Maria para que ela _____ (*perceber*).

e) A mãe estava no duche quando o telefone tocou e, por isso, pediu aos filhos que _____ (*atender*) o telefonema.

f) É lógico que nós tínhamos muito mais sossego se não _____ (*viver*) no centro da cidade.

g) O director pediu que tu _____ (*escrever*) os relatórios e que eu _____ (*escrever*) as cartas.

h) O presidente da organização ambientalista apelou para que não _____ (*acontecer*) mais desastres ecológicos e que todos os cidadãos _____ (*aprender*) a respeitar a natureza.

i) Os adeptos desejaram que não _____ (*chover*) no dia do grande jogo.

j) O que é que acontecia se os rapazes _____ (*enfurecer*) aqueles cães de guarda?

Mega-drive for National Food Bank

This weekend 30,000 volunteers will be collecting donations from 1,147 super and hypermarkets across Portugal, in what will be a mammoth food drive for the National Food Bank, increased in size this year due to a rise in poverty caused by the economic crisis.

Portugal's network of Food Banks is appealing to shoppers in 18 of the county's regions to donate food items to boost the bank's resources. Collection points will be found on Saturday and Sunday, in establishments in and around Lisbon, Oporto, Coimbra, Evora, Beja, Aveiro, Abrantes, Setúbal, Cova da Beira, Leiria-Fátima, Oeste, Algarve, Portalegre, Braga, Santarém, Viseu, Viana do Castelo and the Islands of São Miguel and Terceira.

The Food Bank currently feeds more than 280,000 people via 1,800 social welfare institutes. According to the Food Bank, this year poverty and hunger in Portugal has risen at an un-

precedented rate because of the economic crisis. To many families a welfare institution is the only place where they can enjoy a hot meal. It has been estimated that around two million Portuguese survive below the bread-line, on little more than €4 a day.

The Food Bank's last drive, held earlier this on 29 and 30 May, gathered 1,948 tons of food-stuff, up 3.9 percent in comparison to a drive held in May 2009.

THE PORTUGAL NEWS
 Established 1977

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
25 NOV-1 DEC

1
Red
Bruce Willis, Morgan Freeman
14.00-16.25-19.05-21.30

Toy Story 3
Animation/PV
(10.00 Sat & Sun)

2
Despicable Me
Animation/PV
(10.50 Sat & Sun) 13.25-15.35-17.45

Saw 3D
Tobin Bell, Costas Mandylor
19.55-22.00 (00.35 Fri & Sat)

3
The Social Network
Jesse Eisenberg, Andrew Garfield
(10.15 Sat & Sun) 13.00-15.45-18.30-
21.50 (00.30 Fri & Sat)

4
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
(12.25 Sat & Sun) 15.30-18.35-21.40

5
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
(10.40 Sat & Sun) 15.00-18.05-21.10
(00.20 Fri & Sat)

6
Unstoppable
Denzel Washington, Chris Pine
(12.00 Sat & Sun) 14.15-16.30-18.45-
21.00 (23.30 Fri & Sat)

7
The American
George Clooney, Thekla Reuten
14.10-16.35-18.55-21.20 (23.40 Fri &
Sat)

Marmaduke PV
Owen Wilson, Lee Pace
(10.20 Sat & Sun)

8
Eat Pray Love
Julia Roberts, Javier Bardem
(12.20 Sat & Sun) 15.20-18.20-21.15

Cats & Dogs 2 - PV
Chris O'Donnell, Bette Midler
(10.10 Sat & Sun)

Paranormal Activity 2
Sprague Grayden, Katie Featherston
(00.25 Fri & Sat)

9
Life As We Know It
Josh Duhamel, Katherine Heigl
14.25-16.55-19.25-21.55

Devil
Chris Messina, Jacob Vargas
(00.35 Fri & Sat)

The Owls of Ga'Hoole
Animation/PV
(10.30-12.40 Sat & Sun)

CASTELLO LOPEZ CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
25 NOV-1 DEC

1
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
15.10-18.10-21.10 (00.10 Fri & Sat)

2
Saw 3D
Tobin Bell, Costas Mandylor
12.45-15.00-17.05-19.10-21.35 (23.40
Fri & Sat)

3
The Social Network
Jesse Eisenberg, Andrew Garfield
13.15-16.00-18.30-21.20 (23.45 Fri & Sat)

4
Despicable Me
Animation/PV
12.50-14.55-17.00-19.05

Eat Pray Love
Julia Roberts, Javier Bardem
21.15 (00.00 Fri & Sat)

5
You Again
Kristen Bell, Jamie Lee Curtis
13.40

Life As We Know It
Josh Duhamel, Katherine Heigl
16.05-18.45-21.00 (23.30 Fri & Sat)

6
The American
George Clooney, Thekla Reuten
13.30-16.10-18.40-21.30 (23.50 Fri & Sat)

7
Unstoppable
Denzel Washington, Chris Pine
12.55-15.05-17.10-19.15-21.45 (00.15
Fri & Sat)

8
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
13.00-15.50-18.50-21.40

9
Red
Bruce Willis, Morgan Freeman
13.20-15.45-18.20-21.25 (23.55 Fri & Sat)

CASTELLO LOPEZ CINEMAS
PORTIMÃO
TEL: 707 220 220
25 NOV-1 DEC

1
Jackass 3D
Johnny Knoxville, Bam Margera
13.10-15.10-17.20-19.30-21.50 (00.15
Fri & Sat)

2
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
12.40-15.30-18.30-21.30 (00.20 Fri & Sat)

3
The Social Network
Jesse Eisenberg, Andrew Garfield
12.50-15.40-18.40-21.10

Devil
Chris Messina, Jacob Vargas
(23.50 Fri & Sat)

4
The American
George Clooney, Thekla Reuten
13.20-15.45-18.20-21.40 (00.00 Fri & Sat)

5
Unstoppable
Denzel Washington, Chris Pine
12.55-15.15-17.30-19.45-22.00 (00.10
Fri & Sat)

6
Despicable Me 3D
Animation/PV
13.00-15.00 Sat & Sun

Saw 3D
Tobin Bell, Costas Mandylor
13.00-15.00-17.10-19.20-22.00 (00.25
Fri & Sat)

7
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
15.10-18.10-21.10 (00.10 Fri & Sat)

8
Saw 3D
Tobin Bell, Costas Mandylor
12.45-15.00-17.05-19.10-21.35 (23.40
Fri & Sat)

9
Castello Lopes Cinemas
Tel: 707 220 220
www.castellolopescinemas.com

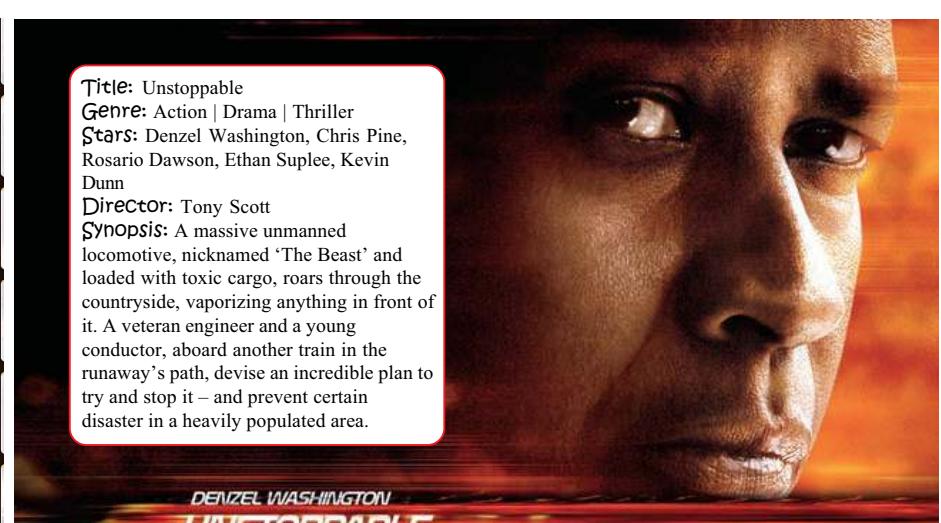
OV = Original Version
PV = Portuguese Version

Film Classification

Unstoppable - M/12
The American - M/12
Machete - M/16
Harry Potter and the Deathly
Hallows: Part I - M/12
Saw 3D - M/18
The Kids Are All Right - M/12
Red - M/12
Jackass 3D - M/12
The Social Network - M/12
Devil - M/12
You Again - M/12
Despicable Me - M/6

M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Unstoppable
Genre: Action | Drama | Thriller
Stars: Denzel Washington, Chris Pine, Rosario Dawson, Ethan Suplee, Kevin Dunn
Director: Tony Scott
Synopsis: A massive unmanned locomotive, nicknamed 'The Beast' and loaded with toxic cargo, roars through the countryside, vaporizing anything in front of it. A veteran engineer and a young conductor, aboard another train in the runaway's path, devise an incredible plan to try and stop it – and prevent certain disaster in a heavily populated area.



Title: The American
Genre: Crime | Drama
Stars: George Clooney, Violante Placido, Thekla Reuten, Paolo Bonacelli
Director: Anton Corbijn
Synopsis: An adaptation of the 1990 novel *A Very Private Gentleman* by Martin Booth. As an assassin, Jack is constantly on the move and always alone. After a job in Sweden ends more harshly than expected for this American abroad, Jack retreats to the Italian countryside. He relishes being away from death for a spell as he holes up in a small medieval town. While there, Jack takes an assignment to construct a weapon for a mysterious contact, Mathilde. Savouring the peaceful tranquillity he finds in the mountains of Abruzzo, Jack accepts the friendship of local priest Father Benedetto, and pursues a liaison with a beautiful woman, Clara. Jack and Clara's time together evolves into a romance, one seemingly free of danger. But by stepping out of the shadows, Jack may be tempting fate.



Title: Machete
Genre: Action | Comedy | Crime
Stars: Danny Trejo, Robert De Niro, Jessica Alba, Michelle Rodriguez, Steven Seagal, Cheech Marin, Don Johnson, Lindsay Lohan, Jeff Fahey
Director: Ethan Maniquis, Robert Rodriguez



Synopsis: Machete is a former Mexican Federale, roaming the streets of Texas after a clash with drug lord Torrez. Reluctantly, Machete accepts an offer to assassinate a corrupt Senator. Double crossed and on the run, Machete braves the odds with the help of Luz, a saucy taco seller and Padre, his 'holy' brother. All the while being tracked by Sartana, an immigration agent with a special interest in the blade slinger.

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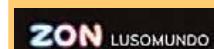
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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

2	4			3	9	6	4	1	9	2	3	4	9	1
6	1	8	2	7		8	7	6	4	1	7	5	4	
5		6	3	4		2	5	8	1		4	3	2	
7		2	1	8			9				8	1		
9		7	5	1		3	6	1	7		1	2	7	
						2	1	3	5	8	8	6	1	
1	6	7	9	8							3		9	
8	5			7	3	5	6	7	2	3	4	3	2	7

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

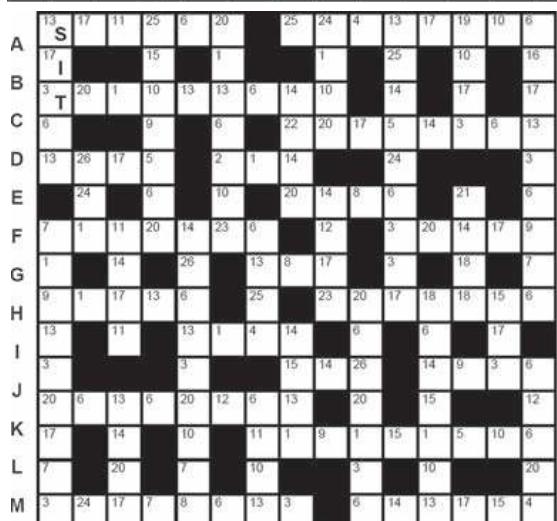
(Right: Last week's solution)

R	E	B	U	K	E	S	C	H	A	M	B	D	R	I
A	M	A	H	D	R	I	M	N	I	T	A	R	E	T
I	N	A	T	R	E	T	I	N	A	T	R	E	T	I
M	I	N	A	T	E	R	I	N	A	T	R	E	T	I
N	A	T	R	E	T	I	N	A	T	R	E	T	I	N

Last weeks solutions:

1	3	6	9	5	4	2	7	8	3	2	7	1	4	8
4	5	2	8	3	7	6	9	1	1	9	5	7	2	6
7	8	9	1	6	2	3	4	5	6	4	8	9	3	5
5	1	4	6	8	9	7	2	3	7	1	9	8	5	2
8	9	3	7	2	5	1	6	4	4	5	3	6	9	7
2	6	7	3	4	1	8	5	9	2	8	6	3	1	4
6	2	1	4	9	8	5	3	7	8	3	2	4	7	9
9	7	5	2	1	3	4	8	6	1	5	6	7	3	6
3	4	8	5	7	6	9	1	2	9	7	4	5	6	1

1	2	3	T	4	5	6	7	8	9	10	11	12	13	S
14	15	16	17	18	19	20	21	22	23	24	25	26		



WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

L	H	A	B	E	R	D	A	S	H	E	R	Y	V	V
B	Y	B	R	I	A	R	S	E	T	T	L	E	C	R
E	G	P	A	G	D	E	V	E	I	H	C	A	X	F
T	F	R	O	L	I	C	S	O	M	E	A	L	T	Q
A	C	O	A	V	S	S	E	N	T	H	G	I	R	B
N	H	B	N	C	P	R	I	S	O	N	E	R	G	R
O	S	A	W	W	I	B	T	I	D	E	A	O	Q	F
D	J	B	L	A	N	O	G	A	I	D	B	K	U	Q
X	S	L	V	M	T	H	U	D	B	W	C	P	Z	Y
H	Q	E	R	E	A	C	H	S	R	O	R	E	B	B
A	N	S	W	E	R	W	K	E	N	I	R	N	H	W
G	S	G	G	E	F	E	S	B	S	E	K	C	Z	Z
P	C	R	A	E	H	T	W	I	Y	W	S	R	A	K
E	P	E	A	R	L	R	N	Y	R	I	P	S	A	W
G	O	E	S	E	B	G	P	U	R	C	H	A	S	E

PEAR, PROBABLE, UPRISING, HABERDASHERY, SETTLE, ANSWER, GRACIOUSNESS, DIAGONAL, ACHIEVED, HEAR, PURCHASE, ACROBAT, RIPSAW, BRIGHTNESS, BRIAR, EGGS, FROLICSOME, PRISONER, WRESTLE, DONATE, REACH, IDEA

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last week's solutions

Across: 1 Demonstrate; 9 Yielded; 10 Annul; 11 Often; 12 Tombola; 13 Hobble; 15 Consul; 16 Swallow; 20 Wagon; 22 Scald; 23 Various; 24 Soundlessly.

Down: 2 Erect; 3 Ordinal; 4 Sedate; 5 Realm; 6 Tenuous; 7 Hypothesis; 8 Cleanliness; 14 Bravado; 16 Onwards; 17 Swivel; 19 Laden; 21 Growl.

Last week's winner: Mrs. P. Hartshorn, Lagos



Last week's solution:

This week's Crossword
Prize
WIN



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ACROSS

- Red (4)
- Pose (8)
- Indication (4)
- Dowdy (8)
- Irresistible (12)
- Ignoble (6)
- Bright (6)
- Showy (12)
- Arms (8)
- Couple (4)
- Bully (8)
- Small valley (4)

DOWN

- Answer (8)
- Bogey (7)
- Flung (6)
- Wickedness (10)
- Joining (5)
- Reverberate (4)
- Inverted (6,4)
- Maintain (8)
- Contravene (7)
- Famish (6)
- Throng (5)
- Struck with fear (4)

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 27 Nov 2010

PROPERTY OF THE WEEK

Luxury living at an affordable price



This week, Property of the Week features two luxury furnished, three-bedroom villas in an exclusive closed condominium located just a stone's throw from a prestigious golf course, beaches, amenities and the coastal city of Lagos.

Set in a prestigious closed condominium of only 12 villas, these newly built villas are accessed through an electric gated entrance, which leads residents to their home through a traditional Portuguese cobblestone road.

Each villa, with a covered area of around 205 square metres has a front lawn with a marble cobble stone path next to it leading to the solid wood front door. Upon entering, the property is bright and welcoming; with an ample entrance hall and inbuilt storage cupboard as well as video entry and under floor heating controls by the door.

There is a utility room and guest cloakroom as well as a spacious en-suite double bedroom facing a private landscaped garden. On the other side of the

ground floor, there is a fully fitted and equipped kitchen with wooden cabinets and granite work tops. This is fitted with a fridge freezer, a cooker and hob with extractor fan, dishwasher and microwave. A back door leads to a smart tiled patio area with barbecue and sink area, ideal for entertaining guests throughout the year.

An archway from the kitchen leads to the large open plan lounge and dining room, which overlook the garden and are tastefully furnished and include a flat screen Phillips television. There is also air conditioning, double glazing and mosquito nets throughout the villas, to ensure maximum comfort.

Up the solid wood stairs, there are a further two en-suite bed-

rooms, both fully furnished with double beds, curtains, bed linen and light fittings, and with ample storage from the fitted wardrobes. Both bedrooms share a large balcony, which also overlooks the garden and natural landscape beyond, as well as the Boavista golf course. The land adjacent to the gardens of the villas on this condominium is currently not classified as urban so there are no plans to build there, meaning that the views will be unspoilt for years to come.

The condominium itself also has a large communal swimming pool set in a garden area, as well as garden and pool maintenance specialists to keep it looking great all year round.

As well as providing a safe and spacious residential or holiday

property, these villas also have excellent rental potential. With only two properties left on the condominium, the prices have been reduced from the original sale price of more than €700,000 to just €495,000, including all the furniture, fixtures

and fittings as seen.

If you're looking for a spacious, well built and secure home, set in a great location and with excellent rental potential, then look no further than this week's property of the week!

For more information, please

contact Marcela Properties, by telephone 282 788 265 or email: celia@marcelaproperties.com. The office is open from 9:30am until 6:30pm. Alternatively, visit the website, available in English and German at: www.marcela propriedades.com.



Do you have a current project in the Câmara for approval?

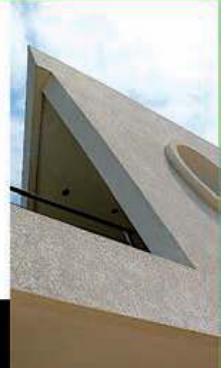
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Olhão

NEW PRICE 20% OFF! 4 bed villa with 300m² plot and approx. 200m² building, in a quiet urbanization. Plenty of natural light. Double lounge of 36m² w/ a fireplace & indirect illumination, equipped kitchen w/ granite worktop & access to Patio w/ BBQ, a bedroom / office in ground floor. 1st floor has 3 bedrooms (1 en suite) w/ laminate flooring & access to balcony. Basement is very large w/ bathroom & fireplace. Facilities include A/C in some areas, heating in some bathrooms, alarm and double glazing.

Ref: 1942

Price: €225.000



Olhão

Townhouse in the centre from Olhão, the property has a approved project for a new built of three floors with an total of 130m², 3 bedrooms, lounge, kitchen and outside patio. Also as renovation project suitable.

Ref: 2009

Price: € 56.000



Fuseta - Olhão

Fantastic chance to buy an apartment with magnificent sights of Armona Island & natural reserve park of Ria Formosa. The Complex "Formosa Village" is in first front line to lagoons, and is characterized for its modern architecture, w/ special prominence for the garden & swimming pool area about 200m² of the village center. This 2 bedrooms Apartment w/ lounge, dining room, kitchen, 2 Bath/WC, terraces, private parking in garage, individual storeroom and pre-installed A/C. Each apartment is built w/ high quality finishing.

Ref: 1959

Price: € 199.500



Quatrim - Olhão

Large Old country cottage house implanted in a land with 1.600m² area, situated close to Moncarapacho in a calm country location. The land is level and offers some trees. Water from a well and electricity are close by.

Ref: 2006

Price: € 80.000

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Vilamoura

Studio apartment transformed into 1 bedroom apartment, renovated, composed of 1 bathroom, equipped kitchenette (new), lounge w/ dining area & 2 terraces. Air cond. & sat. Tv. Exterior parking area. Communal sw. pool & garden. Constr. area approx. 46 sq.m. Ref: A1357 Price: € 80.000,00



Vilamoura

Attached villa comprising 3 bedrooms, 2 bathrooms, lounge with dining area and fireplace, equipped kitchen and storage. Terraces and roof terrace. Furnished and equipped. Communal swimming pool and garden area. Constr. area - 105 sq.m. Ref: V12687 Price: € 195.000,00



Vale Judeu

Attractive country villa composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, dining room, kitchen and storage. Roof terrace and carport. Swimming pool and garden. Furnished & equipped. Plot area approx. 350 sq.m. Constr. area approx. 115 sq.m. Ref: V12649 Price: € 365.000,00



Vilamoura

Beautiful villa composed of 3 bedrooms, 2 bathrooms, lounge with fireplace, dining room, kitchen, storage and terraces. Barbecue, carport, swimming pool and garden. Furnished and equipped. Plot area - 425 sq.m. Const. area - 128 sq.m. Ref: V12685 Price: € 425.000,00

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OLHOS D'AGUA

Ref. V102857

Fabulous three bedroom villa located in quiet natural setting. Easy access by foot to beach. Construction area: 222sqm on a plot w/ 240sqm. Concrete area. Separate cottage & self contained apartment ideal for guests or maid. Fully furnished & equipped. Finished to very high standard. Central heating sys. A/c., Alarm sys. Lovely landscaped garden w/ large swimming pool. BBQ area & several leisure areas.



QUARTEIRA

Ref. EA102661

100 metres from the beach! Brand new three bedroom apartment in a quality complex w/ pool. Constructed areas from 120sqm. Excellent finishes. Fully fitted kitchens. Pre installed for a/c, sound surround, central vacuum cleaning and alarm. Electric shutters. Underground parking space for one car and one storage.



VILAMOURA

Ref. A71879

Two bedroom apartment in quiet area only 100 metres from the prestigious Marina of Vilamoura. The constructed area is 90 sq.m. Fully fitted kitchen. Two bathrooms. Extra bedroom in the attic. Recently refurbished. Great investment. Excellent letting potential.



VILAMOURA

Ref. A102868

Top floor 2 bedroom apartment excellently located inside Millennium/ Laguna Golf Course, inside gated complex w/ large green areas & communal sw. pool. A/C. Underground parking space for 1 car & 1 storage. Large South facing balcony overlooking the garden & pool area. Excellent letting potential.

Price: € 795.000,00

Price: € 250.000,00

Price: € 159.000,00

Price: € 239.000,00

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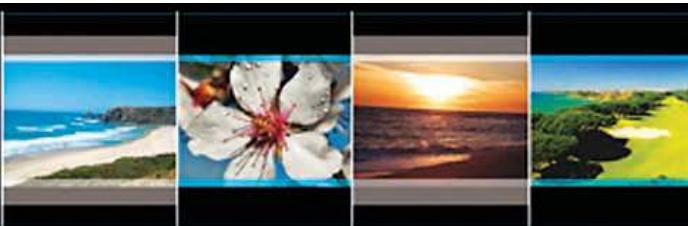


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Get those jobs done with a little help from DIY guru Julia Gray. This week: how to fit a wooden or laminate worktop.

Replace your worktop for an instant update

Top tips for... fitting a wooden or laminate worktop

- Replacing your worktop can be a relatively quick and inexpensive way to give your kitchen a new look. However, you shouldn't attempt to fit it yourself unless you're an experienced DIYer. This is particularly relevant for those beginners who have chosen an expensive wooden worktop as it could end up ruined without an experienced eye watching over the work.

- If you're removing an old worktop and want the new one to be the same size and shape, simply measure the old one to get accurate measurements. If the new worktop will be a different size or shape, it's vital to get the measurements right. Remember to leave an overhang

- To fix the worktop to the kitchen units, get someone to apply pressure from above while you attach the worktop underneath with fixing brackets and screws. Both the back and front edge of the worktop should be fixed securely.

- The ends of wooden worktops should be planed or sanded smooth and protected with a suitable wood oil. Laminate worktops will have matching finishing strips - either supplied or available to buy separately. Cut the strips to the correct length and apply glue to both the strip and the edge of the worktop, then fix in place and leave to dry. For more information, visit the DIY Advice Centre at www.homebase.co.uk.



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How to increase your stock by cutting back



Stocks of roses, willows, weigelas, dogwoods and philadelphus can all be increased through hardwood cuttings.

It can be done in the garden, and although the cuttings will take a year to root, it's worth the wait as you will produce large specimens ready for planting out or potting up.

Cut woody shoots from the base of the current year's growth, making a straight cut below a leaf joint and a sloping

cut at the tip above a bud and angled away from it to leave the cuttings 20-30cm long.

The base can then be dipped into specially-formulated hormone rooting powder.

Make a slit trench in a well-cultivated, vacant plot by pushing a spade backwards and forwards to create a V shape in the soil, with added organic matter.

Push the cuttings in vertically, 30cm apart, firming the soil back around them with your heel along each side of the row and closing

the trench. Water in well.

By next summer, the cuttings should have produced sideshoots, and in autumn you'll have tough, bushy plants ready for transplanting to your chosen spot.

Hardy plants can be rooted in a sheltered part of the garden or in a pot of soil-based compost.

There are many other ways of propagating plants, including dividing clumps of grasses, herbaceous perennials such as hostas and streptocarpus.

With African violets, remove a whole young leaf complete with stalk and push the stalk into a pot of seed compost until the leaf rests on the surface.

Place the pot in a heated propagator, and within around six weeks a new plant should have formed at the base of the leaf. When it is about 2.5cm high, separate it from the old leaves and pot it on in a soil-less compost.

The leaves of Begonia rex can also be laid flat on a tray of compost, with the stalk removed.

The main veins should be cut using a sharp knife and the underside of the leaf secured to the compost using cocktail sticks or fine wire. Keep the compost moist to create humidity, but don't wet the leaf or it may rot. If kept humid, a young plant should form at each nick.

Soon enough, you will have increased your stock of plants both inside and out, without having to break the bank.



Good enough to eat - Chicory (*Cichorium intybus*)

This salad crop goes well in a bowl of mixed leaves, its bitter taste adding bite to many salad combinations, and it is relatively cold and drought-resistant.

It can be grown in short rows on the vegetable patch or allotment, and is also ideal for raised beds and large pots.

Spring sowings are best raised in modules in warm conditions, then planted out under fleece or cloches. Red and sugarloaf varieties can be grown as cut-and-come-again crops by sowing indoors in late winter, spring and autumn, or outdoors in summer.

Good varieties include the red type 'Jupiter' and 'Pain de Sucre', a hearted sugarloaf.

Three ways to... make the most of pot mulches

1. Use small shells on the surface of pots in coastal gardens to create a seaside atmosphere.

2. Try out coloured glass gravel in contemporary containers. It works well with thin-stemmed plants such as bamboo, where a

lot of the top surface of the container is on view.

3. Create an interesting layer of pattern and texture in-between plants with low-growing habits. For instance, pink pebbles may look good with succulents.

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early summer for forcing in autumn, while red and sugarloaf varieties can be sown from mid-spring to late summer.

It can be grown in short rows on the vegetable patch or allotment, and is also ideal for raised beds and large pots.

Spring sowings are best raised in modules in warm conditions, then planted out under fleece or cloches. Red and sugarloaf varieties can be grown as cut-and-come-again crops by sowing indoors in late winter, spring and autumn, or outdoors in summer.

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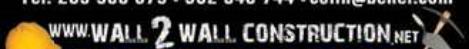
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See page 2 for our exact
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Oscars new Sunday Roast Carvery

Oscars have launched their new Sunday Roast Carvery, served every Sunday from 12:00 noon till 4:00 pm on the first floor covered terrace. There is a choice of roast meats, roast potatoes, freshly cooked vegetables, Yorkshire pudding and sage and onion stuffing for just €8.95.

They also offer two courses including a bowl of homemade soup for just €11.95 and three courses, including a homemade bramley apple pie and custard or treacle pudding and custard for just €15.95.

Also offering a selection of good wines, traditional beers and cocktails, Oscars is great value for money with a traditional jug of house wine from the Alentejo starting at only €7.45.

Oscars traditional pub, which has now been open for two and a half years and is located on the N396 at Vila Sol Shopping Centre, offers a warm, friendly atmosphere with an open log fire in traditional pub style. They are open for full English breakfast starting at just €4.99 from 9.30am. Also lunch and dinner is served every day till late.

Oscars is an ideal venue for private parties and functions with the first floor terrace available with no hire charge.

Monday night is always Quiz night, Tuesday is a karaoke fun party night. There is live music every Friday and Saturday night. Three large screen TVs show all live sport and events.

Why not pay a visit to Oscars? You won't be disappointed, it's a friendly place to visit, packed with people and a true pub atmosphere.



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Oysters are catching on again



Now seen as an exotic luxury, oysters were once a dinner time staple. According to UK supermarkets, sales of these shellfish are on the rise again, so Sarah O'Meara headed to an Oyster Festival to find out exactly why we should be eating more of these elegant molluscs.

Lovers of British seafood are spoilt for choice at this time of year, as mussels, crabs and scallops come into season.

Oysters too are at their prime but, unlike their more popular shelled companions, have not yet managed to work their way out of high-end restaurant fridges and into domestic kitchens.

Thought by many to be too exotic and difficult to prepare, in our culinary hearts these prehistoric molluscs are still a Valentine's Day treat.

But according to high street supermarket chain Asda, a gentle sea change is taking place.

The supermarket reports a constant uplift in sales of oysters during the last few years.

"They are becoming more popular," says Asda's spokesperson. "We've seen sales increase around 22% in the last year and 38% over the last three years."

As people become more concerned about depleting fish stocks, and eating sustainably and locally, the figures suggest that we might be starting to look at oysters in a new light.

Drew Smith, author of *Oysters: A World History*, explains

that 100 years ago oysters were harvested on almost every part of the UK coastline, and were very popular among all classes of society.

"If you go back to 1908, oysters were one of the biggest maritime industries in the world, and Britain was the world leader. Sadly, a lot of things have gone wrong since then."

In the Victorian era, pickled oysters were common in poor homes. As Charles Dickens's character Sam Weller said in *The Pickwick Papers*: "It's a very remarkable circumstance, sir, that poverty and oysters always seem to go together."

But Smith explains that overfishing, two world wars and a lack of investment in Britain's fishing industry caused the oyster trade to collapse.

"Oysters were a great part of British cooking. And when people emigrated to America they took that love with them - and that's why they're still popular there."

"At Grand Central Station in New York there's an oyster bar, where they serve an oyster stew which is famous across all of America. It dates back to 1912. You'll also see roast chicken

stuffed with oysters, fried oysters, oysters Rockefeller."

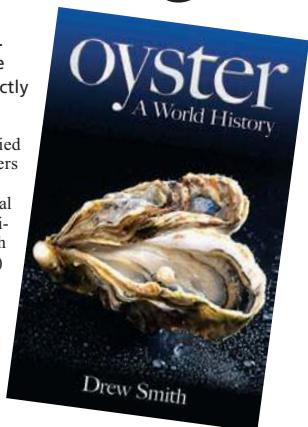
In Cornwall, the annual Falmouth Oyster Festival (www.falmouthoysterfestival.co.uk) has been running for 14 years, and it is the only remaining port in the UK from which oysters are harvested with sail boats (without engines) and hand-pulled dredges.

At the start of the oyster season, which runs from October to March, the local community gathers to watch the boats set sail.

According to festival organiser Mike Rangecroft, the industry is changing. "Thirty years ago, our oyster fisheries exported 90% of their supply to France, but as restaurants have got better and television chefs encourage us to be more adventurous, our tastes have become more sophisticated."

"Now 30% of what they dredge stays in Britain, going to shops and restaurants, which is wonderful."

In America, President Obama has plans to restore many native



oyster populations by 2025. And Smith says he would love to see the same plans in Britain.

"Oysters actually clean up waters, they act as filters. When the pioneers wrote about the first days in America, they talk about the fish being so noisy. And that was because the first settlers would choose to live near big oyster coves, because they knew if there were oysters there, it would be clean, and a safe place to get fish."

Every year the St Michael's Hotel in Falmouth comes up with some juicy recipes in honour of the Oyster Festival. Check out head chef Nick Hodges' latest suggestions.



Oysters in the shell

12 oysters
Sea salt
Black pepper
2-3 lemons

The dish is served with the oysters in their shells. To successfully shuck (open) the oysters, first ensure the narrow hinge at the back of the oyster is really clean. Then place the oyster flat side up on a chopping board or similar, wrapped in a tea towel, and hold it firmly with one hand. Insert the point of an oyster knife at the hinge (narrow pointed end) and twist the knife to pry open the back end of the shell.

To serve, simply sprinkle with coarse sea salt and black pepper and a generous squeeze of lemon.

For a spicy alternative, serve the oysters with a slice of lime and a sprinkle of finely chopped chilli.

(Serves 2)



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Ladeira do Vau - Portimão

Coming from EN125 second roundabout to the left
Coming from A22 second roundabout to the right

A meal fit for a King

 Eloise Walton

This week, Good Food brings you a review of King Restaurant in Esteval, a bright family-run establishment, specialising in fresh fish.

Nestled in the village of Esteval, King Restaurant, which has been under new management since May, provides a range of traditional Portuguese dishes and fresh fish.

As well as having a busy lunchtime trade, with between four and five different daily specials, King Restaurant also has an à la carte menu, catering for couples and groups of friends and family in the evenings.

The evening couvert is well served, with dishes of olives, cheese, presunto, chorizo and fresh bread.

For those who love fish and seafood, this restaurant is an excellent choice, with the shell fish being some of the best I have ever tasted.

To start I chose a steaming plate of clams fried with olive oil, garlic cloves and fresh coriander. Unlike some clams I have been served in the past which are chewy and full of grit, these were superb, with not a spec of sand and cooked to perfection.

This was followed by a pork loin and sea food 'cataplana', a traditional Portuguese stew made in a metal wok style pan



Fresh clams fried with whole garlic cloves and fresh coriander with lemon.

with a lid. For those who have never had it, King Restaurant is certainly worth a visit as the chef cooks up a dish that is full of flavour.

Other specialities include fresh fish such as sardines, squid, cuttle-fish with ink, golden bream, scabbard and horse mackerel. There are also Brazilian 'picanha' steak served with black beans, rice and salad and tender pork loin dishes.

The speciality on Saturday evenings is a mixed fish grill, which is served with corn porridge with cockles, made to the chef's own recipe.

A select range of desserts are on offer such as almond tart, home made fruit salad, warm apple tart with ice cream and

house dessert as well as coffee or tea and a selection of spirits and liquors including 'Medronho', the regional firewater.

Service is efficient and professional, with waiting staff including the manager, Manuela Coelho, who is fluent in German, and a friendly Romanian waitress called Anca who speaks English.

In the run up to the festive season, King Restaurant would make an excellent and affordable choice to host a Christmas party. They also cater for birthdays, christenings, and weddings. Guests can choose between sitting in the large bright and informal conservatory, which caters for smokers, or the cosier and more



A traditional Algarvean dish - a delicious pork and seafood cataplana

private dining room inside, which can be decorated.

There is ample parking nearby, the restaurant has air conditioning in the summer and heating in the winter as well as mosquito nets, which allow diners to enjoy their meal in comfort all year around.

To book a table at King Res-

taurant, which is located near the old railway station in Esteval, just a short drive from the A22 motorway and the Algarve Stadium, please telephone 289 994 243.

The restaurant is open Monday to Saturday for both lunch and dinner and is closed on Sundays.



King Restaurant prides itself on serving the freshest fish, served with cockle corn porridge.

Fried pork loin served with rice, chips and a mixed salad.



From left: Chef Orlando Lopes, Manager Manuela Coelho and waitress Anca Nikolaos

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Hotel Arena, Fuerteventura. (Photos: PA Photo/thinkstockphotos).

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Hotel Arena

Bess Manson enjoys some winter sun in the Canary Islands.

Canary sun and fun for everyone

It's 5am. Still pitch dark. And though I'm on holiday I'm pushing a sleep-shy toddler along in her buggy in the hope she'll head back to Slumberville.

Along the way I pass other parents enacting the same routine: the dawn brigade. It's a brutally early start, but as we reach the beach all is forgiven when I see the fireball of the sun inching over the horizon.

Another perfect day is dawning in Corralejo, on the northern tip of the beautiful Canary Island of Fuerteventura, barely

four hours from London.

Here the beaches are white, sandy and spotless. Little bays with sun loungers, umbrellas and cafés are deliciously inviting, while the wilder beaches draw surfers, windsurfers and kiteboarders, who relish tradewinds fresh from the Sahara Desert.

Although the word 'Fuerteventura' actually means 'strong wind', don't be put off.

The second biggest of the Canary Islands (to Tenerife) it enjoys temperatures in the mid to high 20s, even in the middle of winter.

The sun shines for about 3,000 hours a year and the sea is clearer than clear turquoise. Inland are marshes, sand dunes and dramatic volcanic landscapes.

It is just as well my toddler and I are happy on beaches, for my husband, the designated adventurer, swears he's gonna 'hang ten' on a surf board.

But first we check into the four-star Arena Hotel, about a 10-minute walk from the beach and Corralejo's main street. A poolside suite sounds grand, but it's actually a big room with lounge furniture, a perfectly adequate balcony at the front and decent-sized bathroom.

The room is clean and spacious, if not an obvious candidate for four stars. But, to put it in perspective, you can stay here all-inclusive for a week for less than you'd pay for a room for one night at The Dorchester.

The hotel has a toddler pool, two larger pools, lots of sun loungers (get up early to grab one) and the snack and drinks bar is never faraway. It's quiet in the morning and noisy in the afternoon, as the entertainment crew organise games of water polo or volleyball.

You quickly fall in love with a melting pot of personalities around the pool. It really is a bit like that pub called Cheers - where

everybody knows your name - and friendships form quickly over a cold beer or juice.

The all-inclusive package is true to its name: breakfast, lunch, dinner, snacks and all drinks (alcoholic too) are served up without a penny leaving your pocket, which is handy as sea breezes and lots of activity work wonders for the appetite.

While there was always lots of variety at the thrice-daily buffet, some dishes did occasionally look a bit slapdash. But we never went hungry and fish lovers, especially, were in heaven.

Perhaps the Arena's trump card is the staff - from waiters to reception to housekeeping - for whom nothing is too much trouble. Some couples we met make the Arena an annual pilgrimage.

Somehow the staff always found the time and energy to entertain our little daughter - and even threw a mini party for her 18-month birthday, with a cake and a gift. Based on that touching gesture alone, we'd return to the Arena.

After a day or two relaxing at the hotel, it was time to explore.

The town of Corralejo is modern and its main drag packed with malls, bars, restaurants and shops (all promising the "lowest prices in town" for beer, cigarettes, postcards and water toys) obviously serves its purpose for the hundreds of thousands of visitors each year.

Things look up, though, when you leave the crowds behind for the beach and port. Fabulous restaurants overlooking the sea offer excellent deals and tempting 'specials of the day'.

We passed blissful days lunching at La Marquesina. While my husband and daughter frolicked on the beach, I sipped a chilled white wine and munched on the best chilli squid I've found in years.

Kite surfer



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Kite surfers on the island of Fuerteventura, with Isla de Lobos in the background



Volcanic crater

With car rental from around 30 euros a day, we were soon heading south from Corralejo towards the wide expanse of dunes - part of the Parque Natural de las Dunas de Corralejo - and the beaches along this east side of the island.

They are gloriously unspoiled, with uninterrupted views of the islands of Los Lobos. There are great spots for swimming, and if you want to go au naturel this is probably your spot.

Further south, the capital, Puerto del Rosario, is a bit on the industrial side, but the promenade around the harbour is worth a look.

Carrying on south we hit Caleta de Fuste. Nestled below an 18th century castle, this is another tourist haven of hotels, shops, boutiques, bars, cafés, restaurants and beaches. The weekly trade fair is renowned to have some great deals on leather goods.

For all the sights and shopping, beaches remain the jewel in this island's crown.

Playa de Sotavento is one of the most beautiful - stretching down the southern Jandia Peninsula coast. It is also pretty deserted, with just a scattering of bars with bohemian surfing/kite-surfing/windsurfing vibe.

Later in the week the reliable local bus service took us to the small fishing village of Lajita. The main attraction here is the Oasis Nature Park and Zoo and botanical gardens, with an amazing collection of animals from crocodiles and giraffes to mongoose and emus.

Take a camel safari or check out some of the 2,300 different species of tropical plants and cacti.

But most of our beach time was spent at Corralejo's Waikiki beach - about 20 minutes' walk from the hotel on the way to the town. It's a great place to learn surfing and kite-surfing from the pros.

Flexing his muscles, my husband handed over his 45 euros for a day's surfing instruction, itching to ride the waves. Private classes cost between €90-180.

The lesson began on the beach: how to paddle out and how to get onto the board as the wave approaches. And it actually worked. Towards the end of the day, he stood upright on his board and surfed towards a well-deserved beer, as we looked and cheered.

With so many schools offering tuition in sea activities, it is worth comparing the widely available brochures before signing up.

Another activity worth the charge (£30) is the voyage by glass-bottomed boat to nearby Lanzarote, stopping briefly at the uninhabited island and nature reserve of Isla de los Lobos, a mile offshore.

We saw flying fish and all manner of other sea life on the hour-

long crossing, which drops you off at Playa Blanca and picks passengers up again three hours later.

The strong winds of Fuerteventura will blow us back to Hotel Arena, sooner rather than later.

Reservations: www.lowcostholidays.com.

Travel facts

Elizabeth Manson was a guest of [lowcostholidays.com](http://www.lowcostholidays.com) which offers seven nights' all-inclusive at the four star Hotel Arena in Corralejo from £259 (£303) in December, incl flights ex-Gatwick/Manchester and transfers.

Key facts - Fuerteventura

- Best for: Winter sun and beaches.
- Time to go: November-April.
- Don't miss: A surfing or kite-surfing lesson - and a glass-bottomed boat trip to Lanzarote and Los Lobos.
- Need to know: The second largest island in the Canaries stages the Annual World Windsurfing Championships.
- Don't forget: Fuerteventura has 150 beaches and more than 3,000 hours of sunshine a year.



Beach at Caleta de Fuste



Beach at Corralejo

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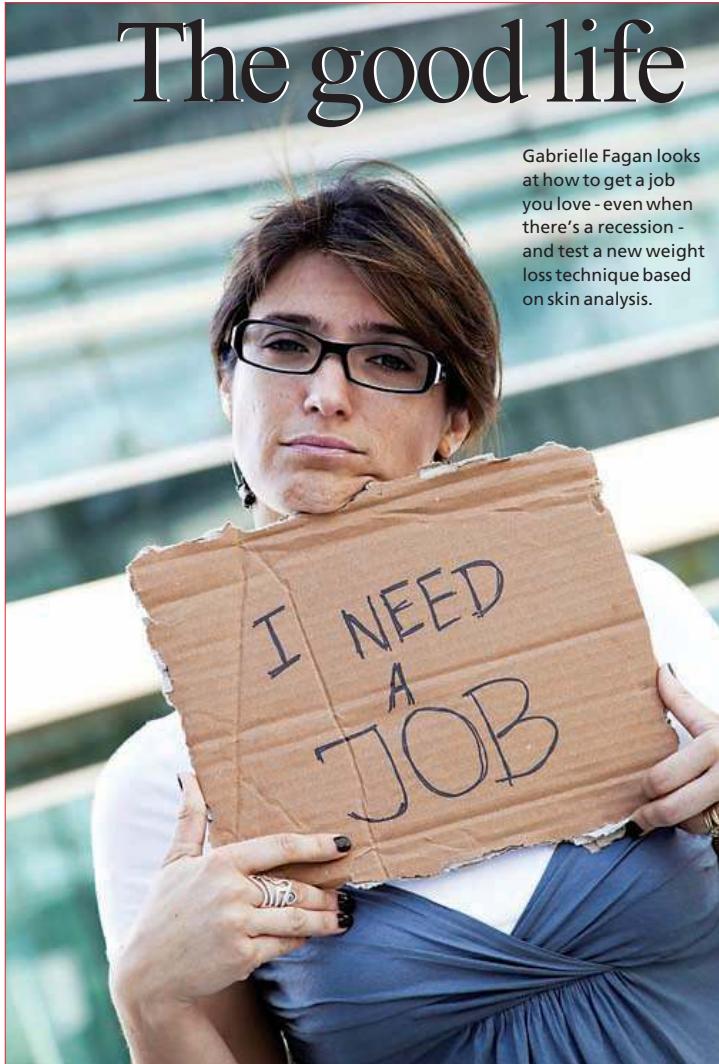
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The good life

Gabrielle Fagan looks at how to get a job you love - even when there's a recession - and test a new weight loss technique based on skin analysis.



With tough economic times putting the squeeze on jobs it's easy to feel depressed about getting employed if you're out of work, or to curtail career ambitions and stay in a post even if it's not making you happy.

But taking the trouble to search for a job that generally suits your skills and personality is a health investment as much as a monetary one, according to John Lees, author of best-seller *How To Get A Job You'll Love*.

"Work matters," says Lees. "We put a huge amount of energy into it, and rely on it for a large chunk of self-esteem. Becoming unemployed affects us not simply because of drop in income but because of loss of purpose and can really damage wellbeing."

"What's less understood is that being underemployed is as worrying and negative as unemployment. People who are in the wrong kind of work can become demotivated, depressed or ill."

In fact, Lees believes, it's a positive career strategy to aspire to the right job, rather than just another job.

"Just seeking any job can put you at the bottom of employers shortlists, as employers are interested in your ability to match their needs, not the fact you're looking for a job," he points out.

"All too often looking for a job you love is regarded, wrongly, as almost self-indulgent. But if you're highly enthused and energised by your work you're more motivated and productive, and much more likely to be valued, promoted and to earn more."

Thought-provokingly he points out that Government statistics show an average lifespan is 29,000 days - a finite

time to make positive lifestyle choices.

"That's the period you have to learn, work, play, raise a family, leave your mark on life, and acquire wisdom," says Lees.

"It's certainly not a lot of time to be saying, 'This isn't what I wanted to do when I grew up.' In other words, how you spend those days matters - no matter what your spiritual perspective."

He adds: "I think the big myth at the moment is that there are no jobs out there, and there's an impression of a level of unemployment that is double what it actually is," he says.

"Yet in reality, people are working, there is movement in the jobs market, and there are vacancies. So job seekers now need to use a wide variety of means to look for opportunities from social networking sites through to recruitment agencies."

John Lees's guide to winning in the workplace.

Q: How do you define a 'job you love'?

Lees says: "It's the kind of job you would do even if you didn't need to earn an income. Realistically, that's a job that strongly matches your skills, knowledge, personality and values, and it'll make all the difference between drudgery and engaged activity."

"It may help to know you don't have to have a job you love 100% of the time - about three-and-a-half-days a week will do the trick."

"If you're job hunting, draw up your wish list in terms of work values, career hot buttons, and the skills you'd like to exercise, and compare it with the employer's stated wishes in the job description or advert."

"If there's a 70% overlap between your wish list and their requirements, there's probably enough for it to be a healthy stepping stone for you, if you succeed in getting the post. If not, watch out."

Q: I did a lot of partying at university and now I'm worried prospective

employers might get the wrong impression of me from my online page. Do bosses check those out?

Lees says: "You're right to be worried. The golden rule is that you shouldn't put up anything that you wouldn't want your local paper to publish or an employer to see."

"The jury's out on how many employers research candidates using social networking sites, but obviously a proportion do."

"If you insist on putting embarrassing photographs of yourself in a state of undress or inebriation, you might as well bring them to the job interview - it's called the public domain for a reason!"

"So if you want to live on the wild side, either use an online name or make sure that your on-screen confessions, conversations and photographs are visible only to trusted friends."

"And build a career page on the social networks which isn't just about content but about connections - your page should show that you are in touch with the right organisations, discussion groups and professional bodies."

"It'll make you visible to people searching for qualified candidates."

Q: I'm worried that telling employers I'm out of work has such a 'stigma' that it's immediately off-putting. Will it make it even harder for me to find another job?

Lees says: "Since the recession all the rules have changed on that. Employers are no longer put off by redundancy or unemployment because it's so common, but what matters is how you deal with it."

"It's essential to view unemployment constructively and not regard it as a job death sentence. So just telling people a sob story about what's happened to you might get you sympathy but it won't get you a job offer."

"Employers like to bet on certainties, not outsiders, so they want a good track record and then you should have a positive narrative to describe what you've



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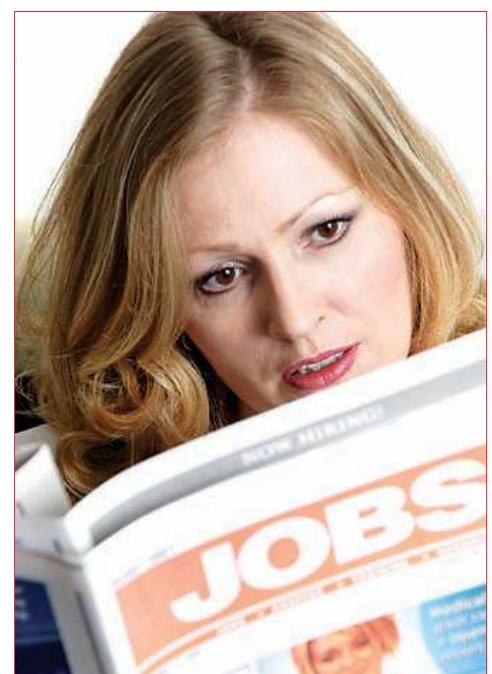
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done while you've been out of work."

"Hopefully, you can describe in positive terms the learning experience of the people you've contacted, companies visited, and perhaps evidence of doing voluntary work or something similar. All that gives an image of someone who is employable."

Q: I feel embarrassed about networking. Do I really have to approach people I don't know and ask about job opportunities?

Lees says: "Many people hate networking and are worried about being pushy or looking desperate."

"Actually networking's something we all do unconsciously throughout life, for instance when you move to a new area you ask around to find a trustworthy tradesman, childminder or doctor."

"When you 'network' about jobs always start by contacting people you know. That will help you practise and gain confidence, and you'll probably find people are flattered to be asked to help rather than irritated as you fear."

"Networking is a great way to get introductions to relevant people and increase your chance of being seen by employers".

Q: How can I be sure I'll like a job I've applied for?

Lees says: "Choosing a job is as important as buying a house or making any other life-changing decision, and you need to ensure a good match between you and a job."

"It can be a huge career mistake to go into a job without really understanding what you are taking on, and whether the people or company culture suit you."

"Researching a particular job doesn't mean only going on the internet, it means talking to people who do the same or a similar job, and if possible making contact with employees at the company you're considering joining."

"While a job offer is being finalised ask your prospective employer if you can spend a couple of hours at the company. That will look proactive and positive and allow you to talk to people you'll be working with and familiarise yourself about the set up, and get an insight before the deal is signed."

"Otherwise you're making a big career decision based on around a 90-minute interview conducted by people who may not necessarily be those you'll work with."

Q: I'm working unpaid as an intern - is it really worth it?



Lees says: "It's undoubtedly true that there are some organisations who've discovered that interns are free labour and exploit the endless supply of young people willing to be in-

terns on the chance of landing a job."

"Internships are valuable as long as you get something in exchange. So you should receive plenty of learning opportunities,

names of contacts and a reference. Always ask for feedback about how you have done and where else you could apply before you leave."

"Assess what's viewed as the

'normal' length of time for an internship for the particular industry you're applying for."

"For example, if the norm for an internship in a profession is six months and you're still there

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after two years it sends out the wrong message - you've probably stopped learning and may be in danger of stagnating."

"Internships shouldn't become a career habit. If there really are no paid jobs in your sector, you might be better off gaining experience in another related sector for a couple of years or, alternatively, finding paid temporary work."

Q: I'd love to change career but know it would mean retraining or going back to college and I can't afford it.

Lees says: "Believing that you'll have to spend endless time or money retraining is often the reason why people fail to take the first step to a career switch."

"In reality, fewer jobs than you think require you to retrain, and some will take into account previous experience even in a different career field."

"Find out about the range of routes people follow to break into new sectors which may include on-the-job training, work experience, or part-time distance learning."

"Before you decide to go back to college and pay to get an expensive qualification take soundings from recruiters about whether a retrain is wise or you may end up simply putting a hole in your bank balance."

Q: Everyone says the job situation is so dire that I fear getting a job is like mission impossible. Is it that bad?

Lees says: "No, but you do need to use a creative, multi-strategy job search, by doing things such as registering with appropriate job boards, talking to recruitment consultants who advertise jobs in your sector and joining

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Birthdays and Christmas

First the birthdays. Amazingly it is the Fifth birthday of two very important Waterdogs this week. Izzy, Laura's first Waterdog and Cleo, our first Waterdog. And boy what a change in life they brought about and what havoc they have caused over those years. They started a whole new way of life for me that is for sure. First we went down the discovery path, a new breed for both of us, we knew little but learnt along the way. Water Trials Beauty Shows first then we progressed to the actual Water Trials which is a joy to see, Laura did much swimming. Then Laura convinced me we should start the show circuit to give us something to do over the winter. Well the rest is history which most of you know. We have shown them, we have won the cups, the titles and the more we win the more we need to win it seems. We have gained more dogs. Laura has embarked on the breeding side of it with all the testing that goes before that. She now has her own kennel breeding name. I had the absolute joy of watching pups born in July, fabulous, now we will watch them as they progress on to the rings. Thankyou to Izzy and Cleo for starting all this.

We have had to deal with ill-

nesses along the way which have tried both us and our very long suffering Vets. We must indeed thank our Vets for the respect they show us as we dive into the Internet and come up with various tests they must then do, preferably with the results back in our hands almost as soon as the tests are done. Thankfully most of the mysteries have been solved and the dogs are fine. We can't solve them all and over that time we have lost some wonderful and loyal furry friends--but we know we have never left a stone unturned before giving up. Sadly these loyal friends do not live as long as us. A wonderful friend once reminded me that if they did live as long as us, I would never have met so many fabulous dogs and cats---very perceptive and so true. Happy Birthday to Izzy and Cleo

Next the Christmas thoughts. Christmas is such a special time. In the UK I really was very 'silly', I made up 3 baskets, one each for Lennie, Sandy and Maisie--sadly now left us--those three special dogs would then spend Christmas day amusing us by unpacking everything I had wrapped up. Amazingly they only ever went in their own baskets! They would always have

been bathed and groomed for the occasion and have the Christmas bobbles in their hair. I am not quite as mad now, well not quite! Yes the dogs are groomed all the time, very time consuming but that is the world of show dogs, they have to be pampered. All my dogs have their special bobbles in their hair, headbands on and yes sometimes the Father Christmas coats. They do dream of cuddly toys, Christmas stockings,

Chews, Chocolate (special doggy) drops and anything else Mummy can find them in our shop. I never allow my poor dogs any different food for Christmas treats, insisting they keep eating the normal food to save on the upset stomachs and Vet visits!

So we have in the shop the doggy chocolate, both in tubs and packets, doggy stockings, lots of Fish4Dog treats which are very sensible but not with a Christmas

wrapper on--but will our dogs notice. We have lots and lots of fluffy and non fluffy toys---whisper as I do not want my four to know. We have the wonderful Little Dog Laughed cards, a joy to give and receive. All of these cards are devised from photos of 'real' dogs that people have sent them, the company then make them up into cards and all of them are wonderful.

Christmas is all about traditions and setting your own, our wonderful daughter Julie will have her first ever Christmas in her own house so she can start to set her own traditions. Here is one of my furry

four in Christmas gear with some Christmassy goodies looking as if 'butter wouldn't melt' - well of course they are always perfect!

Jan Cobley

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gave us a few ideas that I thought would work wonders. I have to say I think she's brilliant.

Don't ask me how I managed this, but I got Other Half on board, fully dedicated to making Milo understand his place in our 'pack'.

For this, myself and Other Half ended up in our garden, on a very chilly, dark evening, huddled around Milo's bowl, with him sitting very patiently behind us while we pretended to be thoroughly enjoying his biscuits. We made the proper noises and everything.

Theory: we eat first, Milo last, he realises we lead the pack.

Reality: Our neighbours must think we're absolute nutters who have been extremely hard hit by the crisis.

Carrie-Marie Bratley

Milo & Me

Be warned - I'm having a bit of a moan this week.

A couple of nights ago while I was sleeping my Other Half remembered some news he had forgotten to tell me at a decent hour - as often happens. At around four in the morning he gave me a couple of nudges to make sure I was semi-conscious and told me: "Remember Peter's neighbour's dog?" Well the council came to take it away it. Apparently the neighbours complained to the Câmara and they took it.

Now this is hard enough to decipher in full daylight when I'm completely alert let alone at four in the morning when I'm half asleep. The next morning I woke up feeling a bit saddened but couldn't immediately put my finger on why. Then I started to recollect...

"Did you actually tell me about the Câmara taking the dog or was I dreaming?"

"No, I told you."

Peter's neighbour's dog was a beautiful Doberman, a couple of

years old, which spent most of its life outdoors, fenced in a smallish patio area. Sadly, for whatever reason, the owner [allegedly] only went home every couple of days of so, to clean the dog's mess and feed it. We would see it whenever we went over to Peter's for barbeques and always feel so sorry that it never had any toys to play with or any interaction, or walks. The patio was always dirty. We'd talk to it through the fencing and lament the fact he couldn't be on our side of the fence. He was a sweet, docile dog.

Apparently, the neighbours on the other side, who have a baby, complained to the local council about the stench coming from the backyard, that it had become unbearable and the dog barked a lot. A couple of days later the dog was gone.

Now this quite surprised me because I had always been under the impression that no entity in Portugal had the authority to remove an animal - pet - from its owner. If I'm honest I'm quite

Hi There !

Found in the rubbish, 5 hours old-3 little kittens who have lost their mittens, now looking for loving homes. 5 weeks old and ready for adventures. Bridget Hicks L A P S. 282687334



This morning I found a dog in the woods. It was tied to a tree. It is a young bitch of about 1 year. She is good with other dogs, in the car, and with children. Not aggressive, snappy or anything unpleasant. She is very affectionate and will make somebody a really nice companion. She can walk on the lead and has no problems in crowds of people. It is a very small dog and she has a lovely fluffy soft coat. She seems lively and healthy to me, she has immaculate teeth, and she is a very pretty dog, But, I cannot keep her. She will have to go to the kennels in Lagos. If you would like to adopt this dog or know someone who would like to have her, please call Trade on 917353845 or send an email to: trade@quinta-daeg.com

LUCY. Rescued from a terrible traffic accident where she was stuck in a drainage pipe for 2 days. Lucy is an extremely affectionate and loving 5 year old medium sized female lab cross. She is recovering very well and would love to find a new family to love.



JOE JOE is a large two to three year old spayed female pointer mix. She is very affectionate and outgoing. She loves attention and would love a family where she gets lots of exercise or has a garden to play in. Or inquire about Charley, a gorgeous male pointer puppy also available.



SPOT: A beautiful two year old neutered male dalmation. Spot is a very loyal dog who is very fond of people, excellent in the house and good with children. He loves to please and is very affectionate and obedient.

PUPPIES. Lab cross puppies, now 8 weeks, found with mother.

CONTACT: 927 921 635 or visit:

sosalgarveanimals.com and quintinha-animalcentre.org



LUCY



SPOT

PUPPIES

We have 8 puppies, 6 weeks old: 4 males and 4 females. They will be big. They were abandoned a few days ago in a paper box overnight at the gate of our shelter. They are healthy, dewormed and had first vaccinations. We have no conditions to keep more puppies in the shelter, they are in one cage and therefore their adoption is urgent. Please contact us at: sesimbra.bianca@gmail.com - You can visit our webpage www.bianca.pt but their pictures will not appear there for another few weeks.

ANNOUNCEMENT

L.A.P.S. - Lagos Animal Protection Society are holding their Annual Charity Fair at the Tivoli Hotel, Lagos, on Saturday 4 and Sunday 5 December from 10:00am to 4:00pm. This Fair is in aid of hundreds of animals that L.A.P.S. feed, treat and shelter every year, including abused and injured animals. The latest addition is an injured 'baby' seagull. Donations of books, bric-a-brac, clothes and unwanted gifts are gratefully accepted at our Almadena shop. Please come along to the Fair to HELP US TO HELP THEM. For more information, please call Bridget Hicks on 282 687 334.



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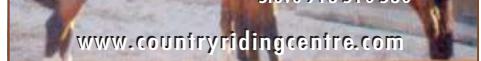


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Snap up these festive beauties

Lisa Haynes helps you indulge your loved ones with a beauty-themed festive treat.



Put the elves to shame and indulge your loved ones with a seasonal beauty extravaganza this year.

Whether you blow the budget on a self-confessed Glamazon or surprise a girly pink addict with a pocket money stocking-filler, it's the pampering thought that counts.

Don't forget grooming savvy guys, too. These days, a pair of novelty socks and soap on a rope just aren't going to cut it on Christmas morning, so indulge his inner Mr Vain.

The hardest part will be parting with the gift you're secretly coveting for your own bathroom shelf.

So find your inner Santa and deck the halls with festive beauty cheer.

Girly princess

Whether she's a teen or 40-something big kid, go uber-pretty with all things pink, kitsch and cute for her cosmetics stash.

Glamazon girl

Think subtle bling with classy black and gold trinkets to jazz up her dressing table.

Pamper puss

Ensure those hours whiled away behind the bathroom door continue with indulgent skincare treats.

Traditionalist treasure

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Grooming great

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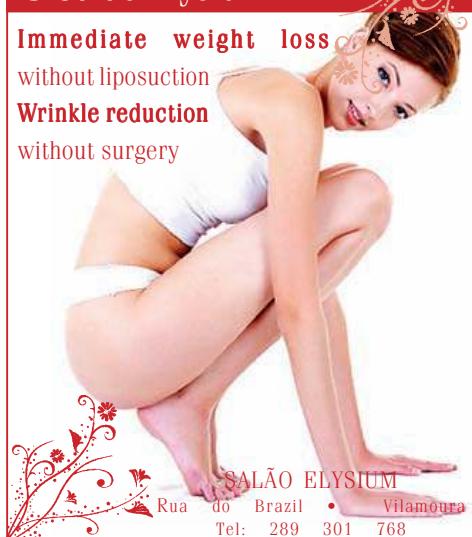
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Radiant skin in the prick of a pin?

Carrie-Marie Bratley

One of the most bizarre yet globally popular treatments to promise younger, healthier looking skin is now available in the Algarve. Said to be favoured by celebrities including Brad Pitt and Angelina Jolie, the Dermaroller Therapy blends modern science with something that looks a bit like a medieval torture device to provide effective results that devotees claim are visible after just one treatment. Our girl Natasha Jane volunteered to verify the truth behind the hype.

Earlier this year the Dermaroller Therapy attracted significant attention not only because it emerged Hollywood's royalty are growing fans but also, if not more so, because of the nature of the treatment, which to some may sound a little bit odd.

Damaged skin is given a new lease of life thanks to a roller device covered with tiny micro-needles that prick the skin to intentionally cause puncturing. The skin's innate response is to produce collagen and elastin to naturally repair and regenerate itself, as a result making skin look plumper and healthier, smoother and younger.

Aesthetic specialist practitioner Diane Summers, as far as she is aware, is the only professional offering the much talked-about Genuine Dermaroller Therapy in the Algarve. She describes the treatment as a "con-

trolled assault on skin with pin-prick stimulation."

"It is not painful, maybe just a bit scratchy", she explains.

The Dermaroller Therapy is recommended for an overall rejuvenation of skin as well as treating scarring, stretch marks, sun damage, pocks and acne scars, and reducing wrinkles. Other body areas that can be treated by the Dermaroller include hands, backs, necks and chests. Treatments are carried out in completely surgical and sterile environments.

Natasha Jane, who has a notoriously low pain threshold, seemed like the perfect volunteer to try out the procedure.

Prior to the rolling a topical anaesthetic cream is put on to numb the target area, left to take effect for 45 minutes. Then the rolling begins; advanced micro medical skin needling that stimulates the skin to regenerate and



Natasha at the end of the six weeks after the treatment, with skin she describes as "much smoother and more hydrated"



Above: Natasha with practitioner Diane Summers
Right: Natasha during the Dermaroller treatment

repair itself, naturally and safely, by penetrating the dermis.

A course of three treatments is recommended for maximum results, though due to the in-depth nature of the treatment results can be visible just weeks after the first session.

After around another half hour of careful facial mapping and rolling, Natasha's first session was complete and the only noticeable signs of any "assault" on the skin was a slight redness that looked like a mild case of sunburn. Those undergoing treatment are recommended to give their skin 24 hours "to settle down", and are urged to use specialist, high-factor SPF creams to aid recovery and maximise the full effects.

Six weeks are left between treatments, at the end of which the treated skin has fully recovered and is ready for a second or third session.

So, six weeks after her treatment, what did Natasha Jane have to say about the Dermaroller Therapy?

She told **The Portugal News** "My skin definitely feels much smoother and a lot more hydrated, in part thanks to the excellent creams I was given to put on afterwards".

"It didn't hurt but I did feel a slight discomfort; having said that I do have a very low pain threshold so to say I felt it, but I was able to sit through the whole session with no problem shows that it's not that bad!"

She added, "It was definitely worth it. And I'm sure if I had the other two sessions I would be able to see a huge difference."

The Dermaroller Therapy is available courtesy of Diane Summers in several clinics across the Algarve.

For more information, contact Summers Skin Clinic on: (+44) (0) 7771 750 344 (UK), (+351) 910 945 454, e-mail: info@summersskinclinik.com, or see website: www.summersskinclinik.com.



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The Algarve

ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. Almancil 10.30am with Adventurers at Almancil Community Centre (ASCA). Lagoa 6pm at Lagoa Convent Chapel. www.all saintsalgarve.org or 282 380 311.

ST VINCENT'S ANGLICAN CHURCH C of E. Sundays: 9.30am Igreja N Sra de Fatima, N125 between Quatro Estradas & Almancil. 11.30am St Luke's, Gorjões, 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos 918 824 584.

THE SALVATION ARMY in São Bras do Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rue 25 de Abril, nº 19 (next to the Market).

INT. CHRISTIAN FELLOWSHIP Rua do Amparo (just off Avda 25 de abril) in "The Bridge" rooms, Cedipra Shopping Centre. Worship Sunday at 11am. Sunday School for children in English & Portuguese. For more info call 282 461 985 see <www.coaa.co.uk/ic.htm>

INT. COMMUNITY CHURCH in Lagos invites you to attend its services in English Sundays 10.30am. Newfrontiers Sunday School 5 Travessa de Santo Amaro, Lagos, Tel: 282 086804 or 282-697546, www.ic-lagos.org.

INT. EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. Blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Creche and Sunday

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WRVS enjoy Historical Society's account of battle

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soaking up knowledge in delightful full settings....

It was with great pleasure that the British Historical Society guests, friends and British Retirement Home residents enjoyed the very well-illustrated and detailed account of their excursion, at the recent WRVS Social Tea held at Quinta da Fonte, S. Pedro do Estoril. Our very warm thanks to you all for contributing, with the delicious cakes and sandwiches, and especially to Patricia, Juliette and Jacqueline for organising it so well.

Jewish Community to celebrate 'Festival of Lights' - Chanukah

The Jewish Community of Algarve will be celebrating *Chanukah*, the Festival of Lights, with a picnic lunch in Portimão, on **Sunday, 5 December**.

The history of *Chanukah* is recorded in the Deuterocanonical book of the Maccabees. It goes back some twenty-two centuries when the Jewish people were under the rule of Antiochus IV of Syria. Antiochus attempted to Hellenise Jews and erected idols and statues for them to worship. In the small village of Modin, near Jerusalem, Mattiyahu, an old man was forced by soldiers to bow to an idol. He refused and had to flee for his life to the mountains.

From there he created a guer-

illa army against the oppressors. After his death, he was succeeded by Judah the Maccabee who defeated the Syrian army thereby re-conquering the badly desecrated Holy Temple in Jerusalem. The Temple was cleaned, but when relighting the *Menorah* (an eight-armed candelabra) there was only sufficient oil for one day and it would take a week to prepare more. But the oil lasted for eight days. It is this miracle and the spiritual survival of Judaism that is commemorated and celebrated. Members of the Community will be lighting their *Menorahs* at the lunch.

For further information phone Ralf Pinto on: 282416710,

fax: 282416515 or e-mail:

Ralf.Pinto@sapo.pt.

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Announcements

CANCARE MEETINGS Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.



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CASA - IS is a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have an annual trip to Spain or within Portugal, plus other activities. Open to everyone. For more information and a sample newsletter give Mary a call on 282 357 275.



CHRISTMAS FAIR Sunday: 5 December Carvoeiro Tennis Club 1:00 to 6:00PM. Come support the Algarve Crafts Association in Carvoeiro. Items are made by local Algarve Artesans. Many items to choose from. Candles & Aromatherapy Oils, Teddy Bears, Christmas Ornaments, Dolls, Stained Glass, Paintings, Patchwork Cards, Jewellery, Bags, Felt-work, Soaps & Lotions, Wood Carvings, Chrystals & Stones and much more. Contact 919-117108

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AYAMONTE ANIMAL Rescue Fund Raising Craft Fair & Car Boot Sale. Calico Park 0034 959053096.

THE NANDI ANIMAL CHARITY SHOP IN LAGOS would like to thank everyone for a very successful Christmas Fair last Sunday. We appreciate the contributions of our volunteers, vendors and artisans - and the delicious food! Thank you to the Lagos Câmara Municipal for the venue. And special thanks, as always, to our customers, whose purchases at the Fair help us help the animals of the western Algarve Nandi thrives with the help of its friends.



CAR BOOT Sale held every 3rd Sunday of the month at Restaurant 'Quinta dos Areões', adjacent to the Veterinary Clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfredo on 919886955 or contact us on our website www.roscofoundation.org for more information.

CHARITY SHOP, Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

WANTED: THE Donkey Sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, come and bring clothing, bric-a-brac, books. Open Wednesdays, 2:30-4:30pm and Saturdays 10:30am - 12:30pm. Phone 917872559 / 913617991 for further details. Volunteers needed so we can open more frequently.

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ALBUFEIRA ABA Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10:30am until 2:00pm (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriageway. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY Shops. Cerro Grande, Albufeira, Tuesday to Saturday 10:30am to 2:00pm; Dunas do Alvor, Tuesday to Saturday 10:30am to 2:00pm and Sunday 10:30am to 1:00pm; Rua da Mesquita, Silves, Monday to Saturday 10:00am to 2:00pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

DO YOU have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

NEW CHARITY Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark (3 mins from Algarve Shopping turn into Guia at Chicken Roundabout). Open 10:30am to 6:00pm each day except Saturday (10:30am to 1:30pm), closed Sundays. Books, excellent quality new and nearly new clothes for men, women, children and babies, toys, puzzles, bric-a-brac, towels, bed linen and many more quality items.

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ASSOCIATION BIANCA, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: <http://www.fazendoanimalmaisfelizes.blogspot.com/> You can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats.

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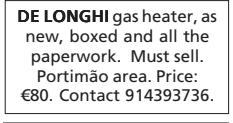
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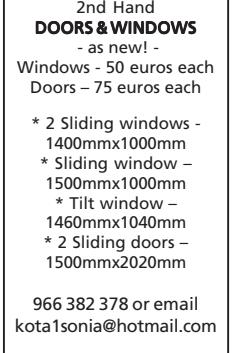
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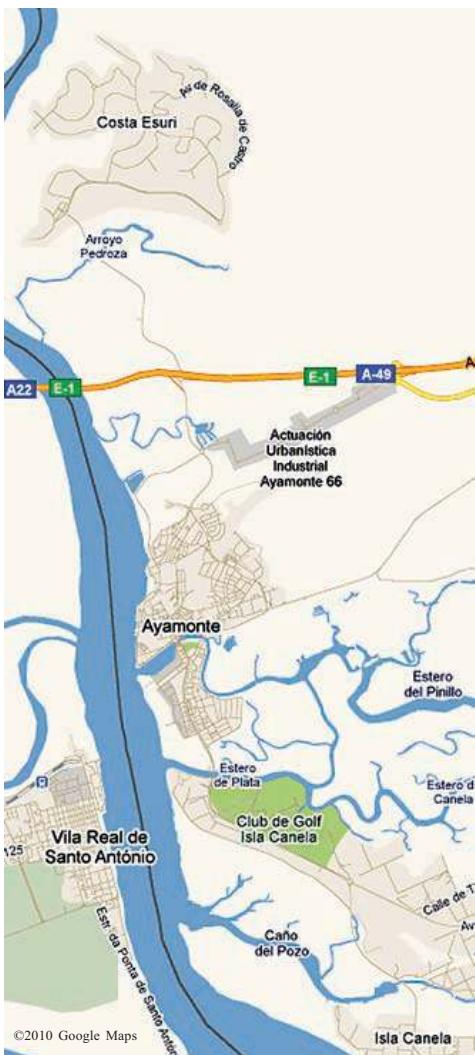
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Costa de la Luz shining brighter



Brendan de Beer

Economic woes both sides of the Guadiana are well-documented and need no repeating. But as more and more Spanish registered cars head west to 'explore' some of Portugal's hidden and not-so-hidden treasures, cash-conscious residents in the Algarve are also getting a taste for *paella* and all-things Spanish across the border.

Travelling into Ayamonte, be it by the inexpensive yet most enjoyable ferry-crossing from Vila Real de Santo António or over the international Guadiana bridge, the Costa de la Luz has become increasingly popular for residents in the eastern Algarve and beyond.

The odd trek across the border has become a ritual for many, the major reason being the lower fuel prices, especially unleaded. Diesel in Spain is usually around 10 cents a litre cheaper, representing a saving of 6 euros on a 60-litre tank, while unleaded fuel often comes at 25 cents a litre

cheaper, which equates to a saving of 15 euros.

As a result, enjoying some variation from the Algarve by driving into Spain usually pays for itself alone in terms of fuel costs.

Shopping is fast becoming another plus, with value added tax on most goods in Spain sitting at 18% as opposed to 21% in Portugal. The difference will stretch to five percent come 1 January 2011 with shoppers looking ahead to even greater savings.

In recent media reports, Nielsen Consultants found that Portuguese-Spanish short-trip exchanges stretch as far as 70 kilometres over the border, which means that the area starting in Vilamoura and ending around Huelva really knows no borders.

Gavin Loudon, chef and co-owner of a restaurant in Costa Esuri, which is about three kilometres from the border, this week confirmed this scenario, saying many of their customers are expats living in the Algarve or Portuguese who come over into Spain to refuel and shop.

"Food here is taxed at 4% and 8% which makes it much cheaper than Portugal", Mr. Loudon told **The Portugal News**, adding that while his restaurant relies mostly

on local residents, many patrons "come from across the border to refuel and shop and end up eating here".

Susan Alder, who runs a restaurant in Isla Canela with her husband, confirms that the two countries are increasingly closer. "We don't even notice the border", she says, "depending on

what we need, we might head off into Portugal, while on other occasions we do our purchasing in Spain."

A practice which is becoming more and more common, as residents either side of the border look to gain the best of both worlds, or in this case, the best of both countries.



Ayamonte in summer (Photo: Lusa / Luis Forra)

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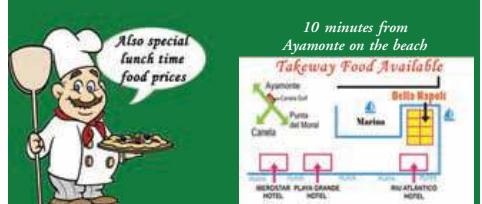


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Braga bounce back, Benfica dumped out

 Brendan de Beer

Benfica's Champions League aspirations went up in smoke on Wednesday evening as a little-known team from Israel embarrassed the Portuguese champions. But it was not all disaster for Portuguese football fans, as Sporting Braga caused a minor upset by defeating Premiership high-flyers Arsenal.

Benfica were greeted by angry fans at Lisbon airport on Wednesday evening as they returned in shame from their second worst performance of the season (their worst being the 5-0 hammering suffered at the hands of arch-rivals FC Porto).

The defending Portuguese champions are now at serious risk of being dumped out of Europe completely, as they are now left needing a victory from their final match against Schalke 04 to

qualify for the second-tier Europa League.

Sporting Braga are meanwhile still dreaming of unprecedented glory after beating Arsenal 2-0 at home on Tuesday evening to draw level with the Gunners on points in their qualifying group.

Last season's Portuguese league runners-up face group leaders Shakhtar Donetsk in their final group match, and will need at least a draw to have any thought of continuing in the

Champions League, though this will require a huge upset in that Arsenal will need to lose, or at the very least draw at home to Partizan Belgrade who are yet to win a point in Europe this season.

At the very least, and unlike their more illustrious Portuguese Champions League counterparts, Sporting Braga are guaranteed their continued presence in Europe via the Europa League, no matter the result of the final group matches.

Exciting times at Olhanense

 Christopher Wright

It was Cup time last Sunday in Olhão as the home fans reflected on the day 65 years ago when Olhanense reached the final of the Portugal Cup only to lose 1-0 to mighty Sporting.

More recently, the last time Olhanense overcame Premier Liga opposition in this competition was 23 years ago when they beat Académica 5-1.

Nacional, making the long trip from Madeira, were delayed eight hours as their scheduled flight from Funchal to Lisbon was cancelled, due to the NATO Summit, and did not arrive at their hotel until midnight.

To add to their woes Danielson, their influential defender, was missing through suspension and first choice goalkeeper Rafael Barcala was admitted to hospital with gastroenteritis. The visitors were all at sea for the first-half and at the break Olhanense should have been at least three goals to the good. Once again poor finishing and brave goalkeeping kept the score to 1-0 when Fernando Alexandre converted a penalty after thirteen minutes. Vinícius was in commanding form in midfield while Paulo Sérgio, who is attracting the attention of Spanish La Liga side Sevilha, was a constant threat upfront. On the stroke of half-time Paulo Sérgio was bundled over in the box by Bruno Amaro and keeper Elisson.

Referee Bruno Esteves failed to spot the infringement but after consulting his assistant awarded Olhanense a second penalty. This time Fernando Alexandre's spot-kick was well saved by Elisson.

In the second period Ismaily and Jardel were put under more pressure, while Rui Duarte had a good game and deserved better when his delicate chip shot over the advancing keeper and nestled on the roof of the net. Portuguese referees make some strange decisions from time-to-time and in the 80th minute Bruno Esteves made

one of the strangest.

Adilson was about to be substituted by Djalmir and with an Olhanense player down injured, there was confusion as to who would go off.

The referee suddenly showed Adilson a yellow card. It appeared at this point that the referee didn't realise he had previously booked the player but even when it was brought to his attention by the fourth official Adilson still had to go.

The crowd were rightly incensed and very vociferous in their condemnation of the official. Olhanense hung on to reach the last sixteen much to the relief of their fans. The draw for the next round, missing seven Premier Liga teams eliminated last weekend, will be featured here next week.

Olhanense, who travel to the Stadium of Light next Friday for a league game, will be returning to Lisbon in January to play Benfica in the third phase of the League Cup.

Benfica, FC Porto, Sporting Braga and Sporting were seeded, last season's top four clubs, as the draw took place last Monday. Four leagues of four teams playing each other once.

Olhanense will play twice away and once at home whilst all four seeded teams get the advantage of two home games each.

Olhanense are away to Second Division Aves on 2 January, travel to Lisbon to take on League Champions Benfica on 19 January and finally have a home game with Marítimo on 29/30 January.

Fans will be leaving Olhão at 5.00am tomorrow (Saturday) morning for the long trip to Paços de Ferreira for a 4.00pm kick-off. Olhanense, in seventh place on fifteen points will be hoping to

record their first away victory of the season.

Next Friday, some 1500 fans are expected to travel to Lisbon for the big game with Benfica. Kick-off: 8.15pm live on Sport TV1.

Meanwhile, the Olhanense Expat Group are organising a Dinner on Wednesday, 15 December at the Fonte Nova Restaurant, Pechão when they will be handing over a cheque, the proceeds of programme and badge sales, to club president Isidro Sousa, for the junior football section. Tickets at €20 per head can be booked by contacting Emily Richardson on 939 486 870 or email: neilandem@sapo.pt

Portugal to take on Argentina in London next February

 Brendan de Beer

celona face current La Liga leaders Real Madrid.

In another coincidence, the match between Portugal and Argentina will also bring together two nations who have both scored four goals against Spain since their crowning as world champions in July in South Africa. FIFA further revealed that Portugal will be hosting Chile on Friday, 25 March in Lisbon, while also allowing for another friendly match to take place four days later.

These matches will serve as preparation for Portugal in their bid to qualify for the Euro 2012. Portugal's next competitive match is on 4 June when they face Norway in Group H qualifying match.

SUPERLEAGUE FIXTURES WEEK 12

MATCH	DATE	TIME	TV
Setúbal-Académica	Friday	20h15	SportTV
P. Ferreira-Olhanense	Saturday	16h00	
Marítimo-Guimarães	Saturday	17h00	SportTV
Sporting-FC Porto	Sunday	21h15	SportTV
Naval-Rio Ave	Sunday	16h00	
Portimonense-Leiria	Sunday	16h00	
Beira-Mar-Benfica	Sunday	18h15	TVI
Braga-Nacional	Monday	20h15	SportTV



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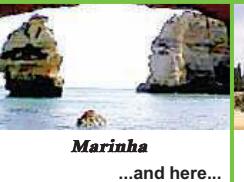
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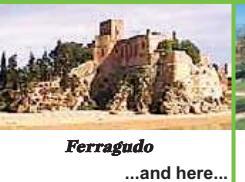
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